

Thursday, April 5, 2018

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Boy tackles PM on homeless – and Number 10 writes back

Ebrahim, 10, pens letter to the Prime Minister
after not being able to help a rough sleeper

By **Lottie O'Neill**
lottie.oneill@trinitymirror.com

A PRIMARY school student felt so concerned about the problem of homelessness that he wrote to the Prime Minister.

Ebrahim, 10, sent his letter to 10 Downing Street after seeing a homeless person on the street, but was unable to help.

The Jerounds Primary School pupil said: "My dad and I was shopping and I saw this homeless man on the streets. I didn't have any money to give him and felt really sorry for him."

"I wanted to make sure something was being done for them to stop being on the streets."

He penned the letter before Christmas, without expecting to hear back from the PM.

However, to his surprise, he received a response from Number 10 in January.



Ebrahim, a pupil from Jerounds Primary School in Harlow, wrote to the Prime Minister about his concerns on homelessness

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BRIEFING

in this week's paper...



Thrills and Chills with Ghost Stories

Page 26

REGULARS

| | |
|----------------------------|-------|
| Family Announcements | 16&17 |
| Letters | 18&19 |
| Talking Point | 20 |
| Education News | 21-23 |
| Community News | 24&25 |
| Classified | 74-78 |
| Sport | 80 |

PICK UP POINTS

| | |
|---|---|
| ■ Harvey Centre, Harlow (management suite) | ■ Guardian, Post Office Walk, Harlow |
| ■ Mulberry Green Estate, Station Road, Old Harlow | ■ Haart, 4 West Gate, Harlow |
| ■ Genesis, 3 High Street, Old Harlow | ■ Future Let, 52 Market Street, Old Harlow |
| ■ Kings, Unit 4, Church Langley Way, Harlow | ■ Reyland Johnson, 1 Acorn Mews, Harlow |
| ■ Kings, 19 East Gate, Harlow | ■ Howick & Brooker, 1 High Street, Old Harlow |
| ■ Geoffrey Matthews, 47 High Street, Old Harlow | ■ Belvoir, 40 High Street, Old Harlow |

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THE TOP FIVE THINGS TO DO THIS WEEK

Courtney Pine



JAZZ GREAT

COURTNEY PINE: SAFFRON HALL, AUDLEY END ROAD, SAFFRON WALDEN, CB11 4UH, THURSDAY, APRIL 12, 7.30PM
 Saffron Hall welcomes back the reigning king of British jazz saxophone. He will be playing music from his new album Black Notes From The Deep which features another British music icon of equal repute, Courtney's Freestyle Records label mate; Omar Lyfhook MBE. When Pine takes to the stage you know to expect superlative playing and the kind of sudden, unexpected beauty that pierces straight to the heart. For once, the words 'living legend' aren't an overstatement. Tickets £28. For details visit: www.saffronhall.com

MAGICAL SHOW

THE PEOPLE'S THEATRE COMPANY PRESENT THERE WAS AN OLD LADY WHO SWALLOWED A FLY: RHODES ARTS COMPLEX, RHODES ARTS COMPLEX, 1-3 SOUTH RD, BISHOP'S STORTFORD, CM23 3JG MONDAY, APRIL 9, 11AM AND 2PM
 "I don't know why she swallowed a fly..." But The People's Theatre Company do! And now you can too as they bring one of the world's best loved nursery rhymes to life just in time to celebrate the 45th anniversary of Pam Adams' best selling book. This magical show has been written especially for grown ups to enjoy with their children, so come and relive the delights of this most charming of tales complete with a feast of singalong songs, colourful animal characters and heart warming family fun. It's the perfect treat for those aged 2 to 102! Visit: www.rhodesartscomplex.co.uk

EGG HUNT

EASTER EGG TRAIL AND FUN DAY AT MOUNTFITCHET CASTLE: MOUNTFITCHET CASTLE, STANSTED MOUNTFITCHET, ESSEX, CM24 8SP, UNTIL SUNDAY, APRIL 15, 10AM TO 5PM DAILY Easter Egg Trail and lots of fun for all the family. Come and join in with the interactive firing of the Medieval Perrier Catapult. No extra

cost and no need to book. Just turn up and have an eggcellent time!
 Mountfitchet Castle is a unique open-air museum experience where the visitor can travel back in time over 900 years and truly witness life in a medieval Motte and Bailey castle. Meet and hand-feed the tame fallow deer and other rescued animals that roam freely throughout the ten-acre site. Tickets £11 adult, £9 child. For details visit: www.wherewego.com/item/e1213103/easter-egg-trail-and-fun-day-at-mountfitchet-castle

BLUES CHAPTER

MARIGOLDS PRESENTS THE BLUES CHAPTER: HARLOW CRICKET CLUB, MARIGOLDS BLUES CLUB, CHIPPINGFIELD, HARLOW CM17 0DJ, FRIDAY, APRIL 13, 9PM
 Jesse Thomas guitar and backing vocals, Sky Wood vocals, harp, acoustic guitar, Jake, 'Professor Redhair' Thomas keyboard, Lindsey Craig drums and Niol Sweeney bass. The Blues Chapter are a five-piece blues ensemble who are fast becoming the finest young blues band in London, rocking venues large and small with music that has audiences on their feet. Charismatic frontman Sky Wood has smouldering vocals that remind you of the great bluesmen. Jesse Thomas' guitar playing prompts shades of the influential greats Gary Moore, Stevie Ray Vaughan and Joe Bonamassa. Niol Sweeney on drums and Lyndsay Craig on bass it is said create the best rhythm section in North London. The brilliant Jake 'Professor Redhair' Thomas on keyboards completes the scintillating line-up. Although, younger than some of the other performers who play at Marigolds, these guys are no less talented and are yet another band not to be missed. Tickets £10 for details visit the website www.musicatmarigolds.co.uk

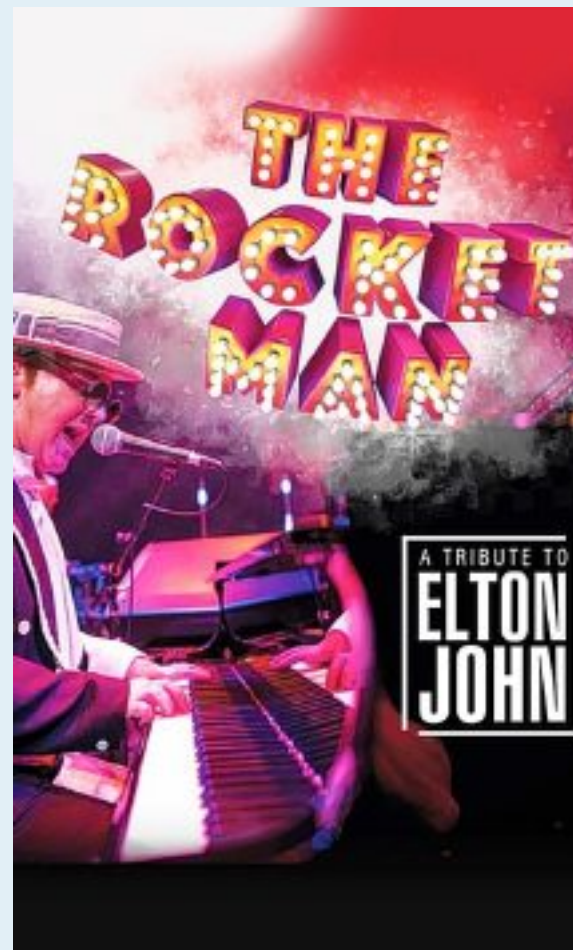
ELTON TRIBUTE

THE ROCKET MAN - A TRIBUTE TO SIR ELTON JOHN: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, HARLOW, CM20 1LS, FRIDAY, APRIL 6, 7.30PM
 Entertainers are proud to present The

Rocket Man: a tribute to multi-Grammy award winning legend and superstar, Sir Elton John.

A musical journey, charting the rise to fame of one of the biggest selling artists of all time. Combining breath-taking vocal and piano performances, flamboyant costumes, a dazzling light show - all accompanied by an

outstanding band and backing vocals. Travel back in time and be treated to all the hits such as Crocodile Rock, Philadelphia Freedom, Saturday Night's Alright for Fighting, Are You Ready for Love, I'm Still Standing, I Guess That's Why They Call It the Blues, Tiny Dancer and of course Rocket Man. Tickets £22.50. www.harlowplayhouse.co.uk



A tribute to Elton John

Pupil was told Tories aimed to halve the number of rough sleepers by year 2022

Number 10's response to primary lad's homeless fear

By **Lottie O'Neill**

lottie.oneill@trinitymirror.com

A PRIMARY school student from Essex wrote to the Prime Minister at Downing Street concerned over homelessness.

The 10-year-old felt so strongly about the issue that he sent a letter to No.10, not entirely sure whether a response would be sent back.

Ebrahim, who attends Jerounds Primary School in Harlow, saw a homeless person on the streets and felt bad after he didn't have any money to give to him.

He said: "My dad and I were shopping and I saw this homeless man on the streets I didn't have any money to give him and felt really sorry for him. I wanted to make sure something was being done for them to stop being on the streets."

He penned the letter before Christmas and to his surprise, he received a response from the famous political door in January.

Government

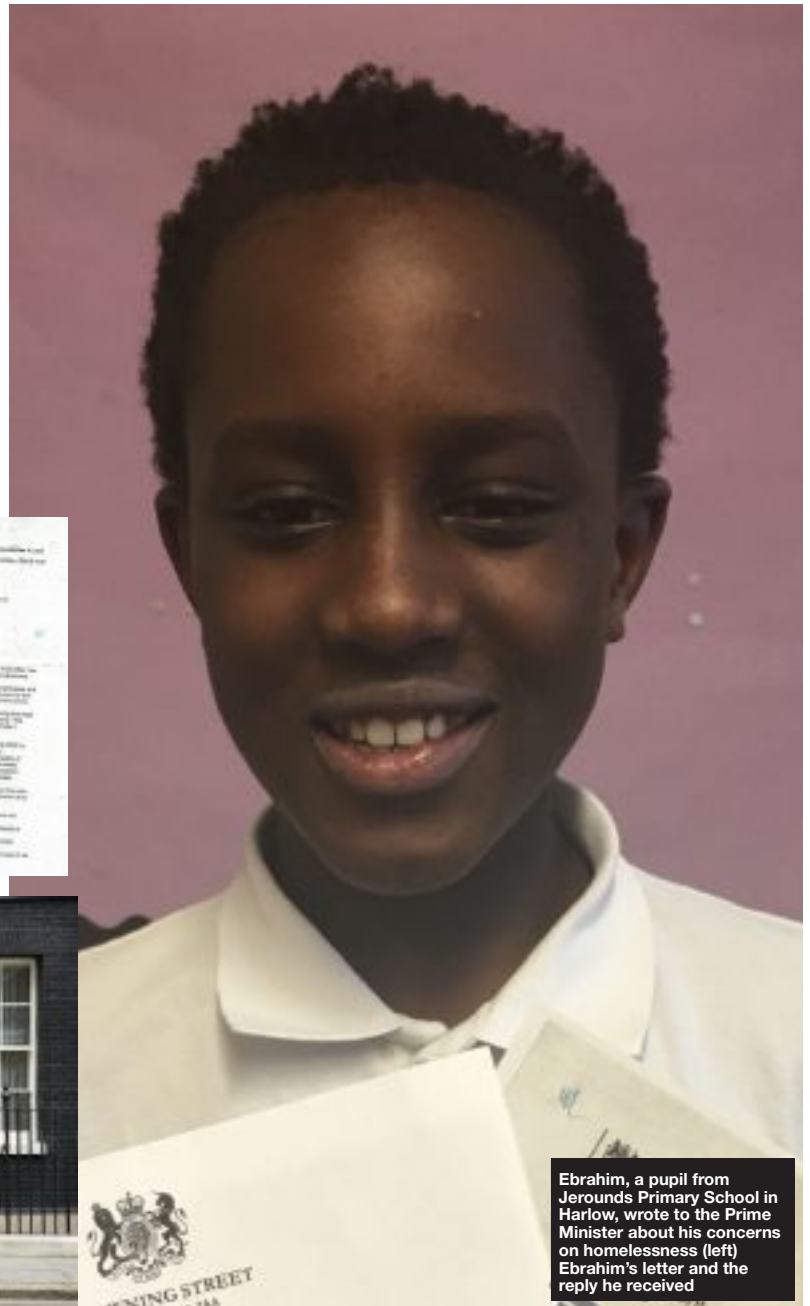
Ebrahim said: "I felt the government could do more about homelessness whereas, if I sent it to the council I wasn't sure if something would be done or not."

"I felt I was going to get a response. I was really elated someone listened to me and something was being done for the people on the streets."

Ebrahim spoke about the need to look after those who are homeless to the PM, comparing adults to children whose only differences are ages.

Ebrahim, who is in the last year of junior school, said: "I was happy they said they were going to help, and how they are going to help and everything, for people being on the streets and people less fortunate. I just feel relieved they are going to help. Everyone deserves to have a good home."

Part of the response from the government said: "Dear Ebrahim, I am pleased to hear that you have taken an interest in such an important issue and the Government's work on housing. It is good to hear you were so inspired by the talk about the Houses of Parliament and wish to become a



Ebrahim, a pupil from Jerounds Primary School in Harlow, wrote to the Prime Minister about his concerns on homelessness (left) Ebrahim's letter and the reply he received

member in the future.

"This government has always been clear that it is committed to supporting the most vulnerable people in society. One person without a home is one too many."

"The government has committed to halve rough sleeping by 2022 and eliminate it altogether by 2027."

Ebrahim, who is nearly 11 years old, was happy when he read the letter in the post: "My friends kept saying I was famous."

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FACT FILE

Ogoazi's full indictment and sentences:

■ Indictment 1:

Section 20 unlawful wounding: Four years, four months in Young Offenders Institute.
Violent disorder: Two years.
Possession of an offensive weapon: Nine months.
Assault by beating: Four months.

All counts to run concurrently.

■ Indictment 2:

Concerned in the supply of cannabis: Two months to run consecutively to the other sentence.

Ogoazi was sentenced to a total of four years and six months in a Young Offenders Institute. He will serve half of that behind bars and the remainder on licence.



Police cordoned off Post Office Walk after the violent assault

Four-year jail term for boxer whose bottle attack left scars

Man, 20, was on bail for cannabis offence when he caused horror injury in brawl

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By **Sophie Finnegan**
sophie.finnegan@trinitymirror.com

A MAN who bottled two people during a brawl outside a Harlow bar and left one with "part of his arm hanging off" has been jailed.

Jordan Ogoazi, 20, was sentenced at Chelmsford Crown Court on Wednesday (March 28) for the leading role he played in the group attack in the early hours of the morning outside Twenty One Bar on Post Office Walk.

At around 3.26am, CCTV footage showed Ogoazi stuffing a glass bottle down the front of his trousers and an hour later, he confronted a male from another group, Jordan Ambrose, who would later turn out to be one of his victims.

Shard

Ogoazi was then seen picking up a broken shard of glass which was thrown to the ground by his friend Wael Rzaigui, who was sentenced on March 16 for the part he played in the attack.

The defendant then smashed a bottle over Jordan Ambrose's head from behind, leaving him unconscious on the ground.

After seeing this, Cameron Ellison – a friend of Mr Ambrose – tried to come to his friend's rescue before he was punched to the ground.

Ogoazi then threw a broken shard of glass which had been smashed by Rzaigui at Mr Ellison, leaving him with a 'horrific' injury on his arm.

The defendant reportedly pulled up his hood before the attack.

Police officers were called to reports of the fight by the ambulance service at around 5am.

Ogoazi, who lives at Long Ley in the town, had previously been warned by another judge in 2017 not to put himself in the position of having an offensive weapon after he was found in

JUDGE PETERS' VIEW

Judge Peters, passing sentence, said: "This is serious public disorder deserving of nothing short of immediate custody."

"You have pleaded guilty to various charges as you have gone along – credit will be given to guilty pleas."

"You have also apologised for your conduct in court and I fully accept your apology."

possession of a baseball bat.

He was also on bail at the time of this offence for being concerned in the supply of cannabis.

Cameron Ellison, who was due to start university in a matter of days, was taken to hospital and treated for his injury which left 'part of his arm hanging off'.

Mark Halsey, prosecuting at the sentencing hearing, read extracts from Mr Ellison's victim impact statement in court.

He said: "I was attacked by a large group after a night out. I suffered a serious stab wound to my arm."

"It was a few days before I was starting university. It has affected my ability to party and enjoy my course."

"I was really excited but the incident has ruined my first few months at uni. I have not been able to bring

"You have a great deal of potential."

"You have real ability and character that others have seen."

"Your boxing club speaks highly of you – but the discipline you learn there is expected to carry on in normal life as well."

"I am grateful for your letter – it shows that you understand the way things should be

"You are spoken of very highly in prison."

"There is clearly good in you. "But it is a great shame that you allowed violence to be the predominant force on that night."

"It is said that you are not a violent thug."

"But the problem is that this was a violent act under the influence of alcohol."

myself to go out. Every evening I shut myself in my room."

"Seeing people in hoods reminds me of the attackers."

Mr Halsey also told the court that the victim was still suffering with the physical effects of the injury.

He added: "Underneath the tissue is really sensitive – it hurts when I have to write essays."

"My physio said it could likely last forever."

"The effects of the attack, physically, mentally and socially will live with me forever."

But Michael Edmonds, mitigating for Ogoazi, claimed that the defendant was not 'hell-bent on violence'.

He also said that Ellison, despite being the victim in the attack, was arrested by police for affray and admitted in interview to throwing four or five punches.

Mr Edmonds said: "CCTV footage show an incident which did not start with Ellison but I suggest he was not a shrinking violet by any means."

"He was arrested for affray and in interview he talks about beating people up."

"He thought that Mr Ambrose had been killed – what he was doing cannot be described as self-defence."

"It is not attractive for

Ogoazi to be throwing a bottle but this is not the same as a stab."

"The repeated references to being stabbed Ellison uses throughout – there is a degree of malice inferred with stabbing someone with force to cause injury."

"Of course Ellison ends up with an injury which is serious but he was not stabbed."

Mr Edmonds also presented the court with a letter from Ogoazi's boxing coach.

Ogoazi appeared in handcuffs before Judge Emma Peters because of an incident at a previous hearing where someone passed a box of tobacco to the dock."

Two other men, Thokozani Shiri and Wael Rzaigui, were spared prison and handed community orders at Chelmsford Crown Court on Friday, March 16 after admitting their part in the fight and pleading guilty to affray.

Shiri, 20, of Torkilsden Way, squirted liquid, now claimed to be Ciroc vodka and fruit juice, into one of the defenceless victim's faces, causing him to hold his hands up to his face and scream, "My eyes are burning!"

Rzaigui, 20, of Pasronage Leys, could be seen waving a glass bottle before smashing it on the ground in CCTV footage played to the court.

Jordan Ogoazi



Disabled Janet, 76, fears those who are dependent on scheme's services will suffer

Concern over mobility shop's closure after rat infestation

By **Sophie Finnegan**

sophie.finnegan@essexlive.news

A DISABLED woman has slammed her council for "refusing to help" a mobility shop in Harlow which has forced to close due to an infestation of rats.

Janet Sharpe, 76, of Long Ley, is concerned that the disabled community in Harlow will "suffer" after Shopmobility, in Post Office Road, is set to be closed for three to four weeks.

The pensioner claims that Harlow Council was "dismissive" and "did not want to help" with the large rodent infestation.

Janet explained: "I discovered Shopmobility was closed when I tried phoning them on Monday, March 12, to book a scooter, but there was no answer. I thought someone else must be trying to phone them."

Shutters

"So I decided to chance it and go down to the shop to try and get a scooter."

"When I got there, it was closed, the shutters were up and I could see someone through the door."

"I knocked and he shook his head so I knocked again and he opened the door and said that the store was closed due to a rat infestation. He was dressed in protective clothing with a mask on."

"He said the shop would be closed for a few weeks."

"I found out that the rats had chewed through the telephone line and that is why the phone kept ringing and why you couldn't leave a voicemail."

After discovering the shop was completely shut, Janet phoned Harlow Council to try and help resolve the issue.

She continued: "I phoned Harlow council and the response I got was that it's a charity and they couldn't help."

"They were very dismissive. They just said 'it is nothing to do



Janet Sharpe said she is concerned for the disabled community in Harlow after the temporary closure of the Shopmobility store

with us' and that they couldn't help me."

"It was as if they were saying go away and don't bother us."

"I think that the council have a further responsibility and a duty of care for disabled people and I think they have known about it for months."

"The council are essentially the

landlords of the shop but they said that it's the shop itself which is responsible for the upkeep of the property."

"For a rat infestation as bad as this, I would expect the landlords to get involved but they are not in the least bit interested."

Now Janet is concerned that the closure of the store will mean

those who are dependent on its services will suffer.

"I would say I am severely disabled. I walk in my home with a walking frame, I am dependent on my scooter to get from A to B, I am dependent on Shopmobility," Janet continued.

"I am one of these people who can't walk about very well, but at

least I can use my gob."

"It is not just me, there are quite a few people in Harlow that I know use Shopmobility quite frequently. There are going to be so many people affected by this."

"The council need to get involved in this. They have a duty of care."

A spokesman for Harlow Coun-

cil said: "We are currently carrying out works and supporting Shopmobility to resolve the ongoing issue of rats getting into the building."

"While these works take place we are also working with them to find suitable temporary accommodation for the service to operate from."

Bus fire hits Stansted Airport flights

FIRE CREWS were called after a bus caught fire outside the terminal building at Stansted Airport.

Dozens of flights due to leave Stansted Airport on Good Friday were cancelled due to the fire outside the terminal building at 4.21pm.

Four fire crews from Stansted, Thaxted, and Great Dunmow, spent 40 minutes battling the blaze which left the shuttle bus completely destroyed.

Videos posted on social media showed a large fire and smoke outside the entrance to the terminal.

Large parts of the terminal were evacuated as a huge cloud of smoke rose from the fire, causing passengers to go through security once again.

There was more misery for passengers at the airport when it announced at 8pm that all flights on March 30 were cancelled as a result of the fire.

Stansted Airport tweeted: "All



The fire at the airport

departing flights have now been cancelled and passengers are politely asked to leave the airport."

"We apologise for the inconvenience and advise you to re-book your flight with the airline."

Essex Fire and Rescue Service announced that they believed that the fire was a result of an accident.

Pictures of the aftermath of the fire showed that the bus had been totally destroyed, with firefighters examining the burnt out remains.

A spokeswoman for the Essex Fire and Rescue Service said: "Firefighters attending an incident at Stansted Airport this afternoon."

"Crews reported on arrival that a bus, positioned outside the terminal entrance, was well alight."

"Due to the volume of smoke, the terminal was partially evacuated while firefighters extinguished the fire."

"The fire was extinguished completely by 5.02pm. The bus has been completely destroyed, while much of the front of the terminal building has suffered smoke damage."

"We believe the fire was caused accidentally."

Train services to Stansted Airport were also affected, with trains cancelled or terminated before they reached the airport.

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A football match was played between the former prisoners and local villagers after WW2 ended

Photo: ANDY LINES

Former PoW camp site could be demolished for 'mansions'

Villagers campaign against development threat to Second World War buildings

By **Andy Lines & Matthew Mohan-Hickson**
newsdesk@essexlive.news

A SECOND World War Prison of War (PoW) camp near Harlow could be set for demolition and be replaced by million pound houses.

The historic site in Hatfield Heath was the location of a landmark Boxing Day football match between local villagers and former PoWs in 1945 shortly after the war ended.

But an application has now been put in to tear down the camp, which housed hundreds of Austrian, German and Italian prisoners during the Second World War.

If planning permission is granted the Hatfield Heath PoW camp would be demolished and replaced by "25 mansions".

Campaign

While the buildings have become dilapidated in the years following the war, they do contain some beautiful pieces of artwork painted by the prisoners during their stay in the 1940s.

And villagers are up in arms about the application, demanding that some of the buildings must be preserved for future generations.

They have even set up a Facebook group called History not Houses to help fight the plans.

Campaigner Jim Bradley said: "The camp should not be demolished under any circumstances.

"The camp has been a part of the village history since being built in 1941, it is of great local historical importance and part of Britain's heritage.

"To knock it down for the sake of some 25 mansions is an unbearable notion.

"There are many reasons it shouldn't be knocked down but among

them are the fact it is green belt and also the village lacks the infrastructure for an additional 25 large family households."

The application to tear down the Hatfield Heath PoW camp has been submitted to Uttlesford District Council.

Jim added: "The camp is in a poor condition because it has been left to decay over the years, however it is not beyond restoration.

"I believe that it would be a great asset to the village if the camp were to

become a small museum, it would provide local employment and revenue for local businesses."

Assessed

A spokesman for Uttlesford Council said: "As with all planning applications, this will be assessed by officers in line with national planning guidance, but any supporting or opposing correspondence will be considered as part of the application review.

"The site is not protected by inclusion in the statutory list of buildings

of historic interest and no consent is needed for its demolition.

"We note that the site has been nominated for addition to the list of Assets of Community Value by the parish council, potentially giving them a window of opportunity to purchase the land."

The former PoWs took on villagers from Hatfield Heath in the Boxing Day match in 1945, which was watched by 700 people.

The prisoners ran out 11-0 winners in the landmark festive fixture.



The camp was home to Austrian, German and Italian prisoners during the Second World War

Photo: ANDY LINES

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RICS

THE PROPERTY EXPERTS

POLICING: County will reap benefits of extra council tax for the force

Thin blue line to be bolstered with 150 new Essex officers

By Richard Duggan
richard.duggan@essexlive.news

ESSEX Police are set to create 150 new posts in a bid to fight and prevent crime in communities across the county over the next year.

Plans have been announced to hire new police officers which will be paid for from the increase in the force's share of council tax.

In January, it was revealed that Essex Police would benefit from a £7.5 million boost to pay for more frontline officers, with three-quarters of the cash raised being invested in local policing.

The increase fol-

lows a survey, posed by Essex Police, Fire and Crime Commissioner Roger Hirst in November.

He asked residents to have their say on council tax payments which would go to police by taking part in the Policing in Essex Precept Survey last November.

About 65 per cent of participants said they would be prepared to see their council tax increased by more than two per cent

to fund more police officers.

The funding equates to about an additional £12 a year on the average bill.

On Wednesday of last week (March 28), Essex Police confirmed the officers will be recruited and trained this year and will be out on the front line in communities right across Essex from January 2019, working mainly in local teams.

A total of 53 officers will join Local Policy Teams who work on the front line on patrol, responding to emergency and priority calls.

Community Policing Teams will get an extra 50 officers to increase visibility, prevent crime and work on the front line with partners to tackle crime and community problems such as anti-

social behaviour.

There will also be 21 more detectives to investigate domestic abuse and help vulnerable people to safety, while 25 officers will go to the Operational Support Group (OSG).

The OSG is the uniformed team which supports local officers to prevent crime, tackle offenders and carry out visible patrols as well as using specialist tactics.

The force's ability to tackle the rise in online crime will also be bolstered by adding an extra specialist officer to the Cyber Crime Unit.

Essex Chief Constable Stephen Kavanagh said: "I've heard com-

munities across Essex tell me they are hugely grateful for what my officers and staff do, but people want to see more of us more often in their communities.

"I agree with them and my promise has always been that when funding allows we will invest in those local teams to help communities but also give my teams support."

Support

"Now we can put more cops in communities and give hardworking officers dealing with traumatic incidents more support and resilience."

He explained that over the last

five years he has had to take officers from local policing teams so they can work on complex crimes.

While he accepted that was not an "easy decision" he believes it was the "right one" necessary to protect the public.

"I know 150 officers in Essex cannot be the end of the story, though," he added.

"We still face big challenges and we still have victims of crime who want more of our time than we are able to give.

"We'll still have to prioritise our time and make really difficult decisions about the incidents we deal with."



Essex Police, Fire and Crime Commissioner Roger Hirst with officers in the Vineyards Shopping Centre in Great Baddow



Chief Constable Stephen Kavanagh



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Police partially blocked the A414

Police warning about phone use after A414 crash

A POLICE officer who was on his way to a collision on a major Essex route narrowly avoided crashing himself with another vehicle – because the driver was on his phone.

PC Josh Haase was on his way to the scene of the road traffic collision on the A414 between Harlow and Ongar when another driver almost collided with him.

The driver in question came off the M11 onto the roundabout.

PC Haase tweeted from the scene of the collision today as a warning to other motorists who use their phones.

The incident happened at around 11am on Sunday (April 1).

The road remained partially blocked as police dealt with the incident.

Luckily, no one was injured in the incident but the silver car is written off and was in a ditch at the side of the road.



Police blocked the road while they tended to the scene



Police are appealing for witnesses to the assault

Appeal for witnesses after assault by teens

Victim suffered 'serious' injury during Friday night attack

By Alasdair Hooper

alasdair.hooper@trinitymirror.com

Essex Police are appealing for witnesses following an assault near College Square in Harlow.

The incident took place on Friday, March 30, with the victim describing

being assaulted by boys aged around 16 years of age.

Police were called at 11pm with reports that a man had been assaulted by a group of people.

The victim went to hospital following the incident and none of the injuries are deemed to be serious.

DC Jo Snell, of Harlow CID, said: "The victim described being assaulted by boys aged around 16 years old.

"We believe there may have been some further potential witnesses, as the assault happened as the congregation was leaving a service at

St Paul's House."

Police are conducting localised enquiries, including the review of CCTV in the area.

■ Please contact Harlow CID on 101 if you can help in the investigation, or Crimestoppers anonymously on 0800 555 111.

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It's that time of year again when we get ready to buy and sell unwanted goods

Boot sale bargain hunters should know their stuff

By Hannah Kane

hannah.kane@essexlive.news

CAR boot sales in Essex are a big part of weekend life for many, and finally the bootsale season is upon us.

Over the coming weeks, more and more boot sales are expected to open ahead of the summer months.

However, they can be overwhelming for those who haven't been before.

You don't want to be persuaded into buying something that you don't really want, nor do you want to sell an item for less than it's worth.

So, whether you want to snap up some bargains or get rid of the unwanted clutter in your loft, you

need to know what to look out for.

Nigel Dyson, who has run the Horsley Cross boot sale for the past seven years, has revealed the nine insider tips and tricks for boot sale buyers and sellers.

■ For more information on the Horsley Cross bootsale, visit www.facebook.com/BootSale-HorsleyCross

The car boot sale season has started



NIGEL DYSON'S TOP TIPS FOR BAGGING BARGAINS AT THE BOOT SALE

1. Do your research

Nigel said: "You have to have an idea about what you want.

"There can be hundreds of sellers and they all sell a vast array of stuff."

Knowing exactly what buys you are after can save you time and, more importantly, money.

2. Know the worth of items

If you can tell just by looking at something that it's not worth your money then avoid it.

"We get specialists who come

to find jewellery and furniture," Nigel said.

"They know exactly what the worth of an item is."

You need to know what specialist products are worth if you hope to sell on a bespoke item.

3. The early bird gets the worm

"We start selling at 8am," said Nigel. "But sellers can turn up from 7am. You have to be early to get the bargains."

4. Haggle

Be cheeky and haggle for what you want.

Nigel said: "Never accept the first price. Somebody asks you for £2, you offer £1. Then, you haggle from there."

5. Be careful of dealers

If you're selling, it is good to set up early, but Nigel says you need to watch out.

"Beware," he said. "There are dealers around. They are likely to be looking at your stall before

they've even set up. Watch them, they try and buy your items before the day has even begun."

6. Presentation is key

First time selling at a bootsale? There's a knack to it.

Nigel said: "Watch other sellers who have a bit more experience. See how they set up their stall. They take their time laying out their products."

7. Avoid south Essex, apparently

According to Nigel, boot sales in north Essex are much nicer to attend.

He said: "We have genuine booters here, where in south Essex you tend to get a lot of sales where there are dealers who sell a lot of new things."

8. Stick to your guns

Nigel said: "If you want to find some china, then that's what you need to look for.

"Don't be persuaded to buy things you don't want or need." You could end up with a pile of

unwanted junk.

9. Smaller sales are 'friendlier'

The Horsley Cross manager says you can find everything you want at the smaller car boots.

"We have about 100 people every Friday," Nigel said. "We are not as big as some of the big boot sales but we are very friendly."

"Everybody loves coming here. The bigger ones tend to be more commercial."



WIN TICKETS TO THE MAGIC OF MOTOWN

Music fans are invited to celebrate the sound of a generation at Harlow: Playhouse Theatre on Friday 20th / Saturday 21st April 2018 as the timeless music of Marvin Gaye, Diana Ross, Stevie Wonder, The Temptations, The Supremes, The Four Tops, Martha Reeves, Jackson 5, Smokey Robinson and more, are sensationally recreated for you by an exceptionally talented cast and band.

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The Magic of Motown show now seen by over a million people, it's no surprise that the show is one of the biggest success stories in British theatre history!

For your chance to win a pair of tickets, all you have to do is answer the question:

The Magic of Motown showcases how many back-to-back classic

To enter send your answer together with your details to: Harlow Star Competition. Ground Floor 1000, Cambridge Research Park, Beach Rd, Waterbeach CB25 9PD or email: Hen.Competitions@nng.co.uk and make sure to write: 'Magic Motown' in the subject box of your email.

By entering, you confirm that you have read and accepted the terms and conditions.

Standard Trinity Mirror rules apply. The closing date is 11:59 pm on 11th April 2018. There will be two winners each winning a pair of tickets to see The Magic of Motown at the Harlow: Playhouse Theatre on Friday 20th / Saturday 21st April 2018 only. Winners will be notified by 13th April 2018 via email or phone. The prize is provided by Entertainers. For more information please visit: www.themagicofmotown.com

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Footage shows extent of damage to road and has been sent to Highways England

Passenger films pothole-riddled stretch of M11

By Tom Bage
tom.bage@trinitymirror.com

LARGE potholes on a number of major roads in Essex are causing problems for drivers, made worst by the winter weather.

Now, footage showing the extent of the problem at one of the busiest junctions on the county's motorways has surfaced online.

Twitter user, @SMac93964174 or S Mac, filmed a section of road from the passenger seat.

The road is littered with large potholes around junction 8 of the M11 heading north, often busy with holiday-makers heading to Stansted.

And the number of potholes that have become a problem over this year's exceptionally cold winter is "growing", according to drivers.

Sending his video to Highways England and Essex Police, S Mac on Twitter, said: "Please do something about the growing number of potholes on M11 south, junction 9-7, and north-bound 7-9."

Aware

The Highways England twitter account, to whom S Mac sent the video to on March 16, said it has passed the video onto the team involved.

Highways England has confirmed that it is aware of these potholes, and they are down to be fixed as soon as possible.

It says that on average, each pothole repair costs around £100.

A spokesman for Highways England said: "We have a comprehensive maintenance and renewals programme across all of our major roads and motorways which helps to minimise the risks of potholes occurring."

"When potholes do occur we repair them as soon as possible –



A large pothole spotted on the M11

any defects that pose a risk to safety are repaired within 24 hours.

"Safety is Highways England's top priority, and we carry out a

rolling programme of safety inspections every 28 days to maintain our roads at a high standard while causing minimal disruption for drivers."

FACT FILE: How do potholes form?

■ Potholes are created when ground water expands and contracts, weakening the ground under the road surface that eventually breaks down due to the weight of vehicles driving on the road.

■ The creation of them is particularly prevalent in winter as water under the ground freezes causing it to expand and erode the soil under the road, it then contracts when it thaws, creating weak points and gaps under the road surface.

■ Vehicles heading over the weakened part of the ground cause the road itself to weaken, causing the surface of the road to be broken down from the weight, creating the pothole.

■ The more times the water under the road surface freezes and thaws the more damage can be done to the



The number of potholes on roads has grown since the recent cold weather

ground under the road.

■ According to the office of the Summit County Engineer in Ohio, USA the problem is worsened when salt is used to treat icy conditions.

■ On their website they said:

"When salt is used, it lowers the temperature that water will freeze. This creates an artificial freeze-thaw cycle that permits more occurrences of the damaging cycle to occur."



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Mind the gap: how do male and female salaries differ in Essex?

New figures from across the county show there is a large disparity in gender pay

By Lottie O'Neill

lottie.oneill@essexlive.news

THE gender pay gap is a hot topic that will have featured in conversations and households in Brentwood and across the county, as well as in parliamentary speeches.

The discussion over women's earnings is particularly prevalent with International Women's Day last month, which focused on celebrating the social, cultural, economical and political achievements of women.

A study by the TUC published earlier this month revealed that women in the country effectively worked for free for the first two months of this year because of the difference in wages.

Researchers discovered that the 18 per cent pay gap for employees who work both full-time and part-time, translates to women only beginning to get paid from the start of this month.

This pay gap is compared with the average male employee, according to The Mirror Online.

The gender pay gap concerns the average hourly pay of men and women as a proportion of men's average earnings. This means a four per cent gender pay gap denotes that women earn four per cent less than men on average, and a negative four per cent means that men earn four per cent less than women on average.

Earnings

In the UK, data shows that out of 430 local authorities there were only seven where the average full-time earnings for women in those areas was higher compared to men.

In the 423 remaining local authorities, men had a higher full-time wage than women.

The gender pay gap for full-time employees is at 9.1 per cent, where on average, men earn nine per cent more than women.

This is the lowest it has been over the past twenty decades since the survey began in 1997, where the pay gap was as high as 17.4 per cent.

Although the pay gap has changed very little in recent years and stood at 9.4 per cent in last year's figures (2016).

For part-time employees there is a different pattern where women are paid more per hour than men on average.

This pay difference is closer to equal, at negative 5.1 per cent in April 2017.

Men's earnings for part-time increased more than women's and reduced the amount from negative 6.1 per cent in the previous year (2016).

The differences in the pay gap show that in jobs that involve working a higher number of hours, the gender pay gap is in favour of men, whereas jobs where hours worked per week is between ten and 30, more women work in these job roles and the pay gap favours them.

Frances O'Grady, the TUC's general secretary, said: "Nearly 50 years since the Ford machinists went on strike at Dagenham, the UK still has one of the worst gender pay gaps in Europe."

"Women effectively work for



On average, women in Harlow earn more than £6,000 less per annum than men

Where you work and how much you are earning

What is the gender pay gap in Brentwood, and how does it compare with other areas in Essex?

These figures are based on a woman earning £20,000.

■ Brentwood

Women in Brentwood earn £39,000 on average, compared to £42,276 for men.

If a woman was earning £20,000 in the area, she would be earning £21,680 as a man, according to these figures.

■ Basildon

In Basildon, a woman would earn four thousand pounds more if she was a man, from £20,000

to £24,000. The average salary for women stands at £26,248 and £32,921 for men.

■ Castlepoint

For residents in Castlepoint, men's wages are £35,766 on average against £26,445 for women.

Also, a man typically earns seven thousand pounds more than a woman on £20,000 at £27,040.

■ Chelmsford

If a woman lived in Chelmsford and earned £20,000 a year, the male comparison would be earning £21,612.

The average salary for men in

this area is £35,442 which is several thousand higher than women, which is at £28,693.

Chelmsford has the lowest gender pay gap difference of Essex at £1,612.

■ Harlow

In Harlow, a woman who was earning £20,000 would be on £25,100 as a man.

Furthermore, based on the statistics, men earn £30,550 on average compared to £24,341 for women.

■ Maldon

Whereas in Maldon, the gender pay gap difference stands at £5,000, with men earning

£33,523 on average and women £27,082.

Also, a woman with a salary of £20,000 would have that increased to £24,760 if she was a man.

■ Southend-on-Sea

Residents in Southend-on-Sea also have a difference of several thousands of pounds.

Women typically earn £26,231 against men who earn £33,768.

Additionally, a woman who was earning £20,000 would be paid £25,740 as the opposite gender.

■ Tendring

In Tendring, a women's wage at

£20,000 would be much higher, standing at £29,160.

A man's typical salary for this area is £30,711 and a woman's is £21,063.

■ Thurrock

Lastly, for Thurrock women on £20,000 they would earn £25,720 as a man. Women's average salary is £25,733 and men's is £33,086.

Looking at these figures the highest gender pay gap difference for Essex stands in Tendring where the pay difference was £9,160, and the lowest difference was Chelmsford at £1,612.

free for two months a year.

"Companies publishing information on their gender pay gaps is a small step in the right direction but it's nowhere near enough.

"Women in the UK will only start to get paid properly when we have better paid part-time and flexible jobs, and higher wages in key sectors like social care."

The gender pay gap isn't likely to close until 2050, and this can impact on women going to university, as well as the level of debt and savings that they have.

Chartered Institute Insurance has said that although student debt has doubled for everyone between the years 2011 and 2017, women are less likely to repay these debts within the 30-year

time frame because they will typically earn less throughout their careers.

Its report showed that female social workers, teachers and nurses are expected to have between £29,000 and £49,000 of the debt remaining after 30 years of payments.

In regards to pension savings, men on average accumulate five

times more than women by the age of 16, saving £179,091 compared to women only having £35,700.

Companies released their gender pay gap figures earlier this month, as part of new regulations set out by the Government, and many more will do so leading up to the cut-off in April.

Employers will have to publish

their mean and median pay gap figures, the proportion of men and women in each level of the organisation and gender pay gaps for any bonuses paid during the year.

Companies with 250 or more employees will have to release the information, and for the UK as a whole, the gap has reduced in the last ten years.

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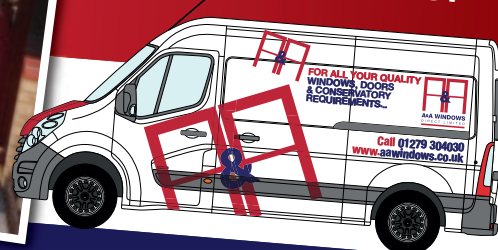
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Enid CROCKER

Passed away peacefully on 20th March 2018 aged 81 years. Much loved wife, Mum, Nan and Great Nan. The funeral service will take place at Parndon Wood Crematorium on Wednesday 11th April at 1.45pm. Family flowers only please. Donations if desired, payable to The Stroke Association, may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990 or via the In Memory pages at www.drobinson.co.uk

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BETTY EVELYN HALE

Peacefully at Home, on 8th March 2018, Aged 77 Years. The Beloved Wife of Ian, a Dear Mum to Gary, Andrew, Jayne and Catherine and a Wonderful and Loving Nan to Ami, Charlie, Laura, Althya, Ella and Jude. She will be sadly missed by all her family and many friends. Betty's Funeral Service is to be held on Tuesday 10th April 2018, at Parndon Wood Crematorium at 1.00 p.m. Family flowers only please, Donations if Desired to be Divided between St Clare Hospice and Isabel Hospice. Cheques made payable to Charities Account. All Enquiries and Donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex, CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD

MAYES JOHN

04.05.1934 - 22.03.2018

My darling brother John suddenly passed away.

I will miss him more than words can say and will love him always.

Lots of Love Sister Mary x x

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a donation by visiting the In Memory pages at www.drobinson.co.uk

Bereavements

Roy Joseph LAIGHT

We are sad to announce that Roy passed away unexpectedly on the 14th March 2018 aged 84 years. Roy will be sadly missed by his daughters, Sarah and Rachael, also his grandchildren, Sam, Jamie, Jerobi and Georgia. All that knew Roy are welcome to attend his funeral service which will be held at Parndon Wood Crematorium, Harlow on Friday 13th April 2018 at 1.00pm. Flowers are welcomed and may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Donations for 'Children and the Arts' may be sent directly to www.childrenandarts.org.uk or via the In Memory Pages at www.drobinson.co.uk

Frank WEEKS

Passed away peacefully on 13th March 2018, aged 82 years. He will be missed by all his family and friends.

Funeral service will take place on Friday 27th April 2018 at Cam Valley Crematorium, Great Chesterford at 2.00 pm.

Mourning colours optional. Family flowers only please. Donations if desired for Dunmow & District Stroke Support Group may be made via his In Memory Page at www.peasgoodandskeates.co.uk or sent c/o Peasgood and Skeates, Shire Hill, Saffron Walden, Essex CB11 3AQ. Tel. 01799 523314

LIGHT A CANDLE IN THEIR MEMORY ONLINE FOR FREE

Acknowledgements

Gladys Edith BEEVIS

Keith, Tracey, Nicky and family wish to thank all who attended Gladys' funeral, also those who sent cards, flowers and donations. Special thanks to St Claires Hospice, Newport Surgery, Doreen and Victor, District Nurses, Rev Neil McLeod, The Chequers and David Peasgood and staff. Please accept this as our only but most sincere acknowledgement.

In Memoriam

BAMBER Den

9th April 1996
Treasured memories of a dearly loved husband, dad and grandad. Always in our thoughts missed so very much. Love from Jan, Dean, Kerry, Alfie and Families. XXX



Ruth BRETT

8th April 2015
'Lasting cherished memories of our loving, caring and generous Wife, Mother and Grandmother'.
Our happy thoughts of you remain with us and time has not lessened the sadness and loss we still feel since your passing. With our love, Ron, Jeremy, Angela, Nathan and Yasmin.

DACE Pauline

Passed away 1st April 2016. Two years without you, but you are missed just as much as the day we said goodbye. Love, Derek, Eileen, Keith, Karen, Kim, Jez, Morgan and Aurora x

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** Please visit the In Memory pages at www.drobinson.co.uk
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7981 South Street, Bishop's Cleeve, Shropshire. 01279 654477
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In Memoriam

Mary SIMPSON

Passed away on the 3rd April 2016.
Our hearts are still aching and tears are still flowing.

Love and miss you very much.

All our love
Martin, Sharon,
Tracy, Julia and
Grandchildren
xxx



LEAVE A MESSAGE

You can do this online 24/7

In Memoriam

Pauline WIGMORE

05/04/2009
All missing you.
Love you forever.
God bless.
Ed and Kids

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Today, tomorrow, all my life, I will love and miss you mum x
Thank you for the many good times we shared xxxx

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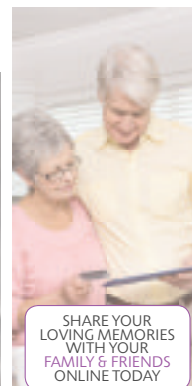
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I will love and miss you mum x

Thank you for the many good
times we shared xxxx

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More than 3000 loving messages and photos are added every month on our site, you
can leave your own tribute or add a picture today completely free of charge.

YOUR VIEWS

New hospital would solve our problems

I AM delighted that Princess Alexandra Hospital has made big improvements and come out of special measures.

I would like to pay tribute to the incredible nurses, doctors, porters, support staff and management team for their incredible work. It is testament to their dedication and compassion that one of the three areas that the hospital reprieved a 'Good' rating for was 'Caring'.

I'm proud that Harlow is among the best performing hospitals in the country in areas including:

- Cancer waiting times - number 1 Trust in December 2017
- Maternity services - rated as 'outstanding' by the CQC
- 'End of Life' and dementia services
- Infection control - some

I hope that our hospital will continue to build on these improvements

Robert Halfon MP

of the lowest MRSA rates in the country

I hope that our hospital will continue to build on these improvements to provide the best healthcare possible for Harlow residents.

However, despite the very best efforts of all the hospital staff, our hospital faces three major problems:

1. Difficulties recruiting and retaining staff, being very close by to London hospitals which can pay higher wages.
2. Poor infrastructure and buildings which are no longer fit for purpose.
3. Amongst the highest A&E use per head in the country.

A new hospital would answer to each of these problems.

New facilities would be far more attractive to work in and would encourage recruitment.

Doctors and nurses would no longer have to treat patients in deteriorating

temporary structures, well past their 10-15 year life span.

A new development could be tailored to the needs of the growing population of Harlow and the surrounding area that the Hospital serves, increasing capacity and reducing waiting times.

I will continue working Harlow to support our incredible NHS workers and get the investment for the new hospital Harlow needs to deliver health care fit for the 21st century.

Rt. Hon. Robert Halfon MP

We want a town to be proud of

WHEN are we going to get what we pay for?

This relates to the non cleaning of the blocks in Kathrine's and Sumner's as within our service charges those of us who were very lucky to buy an apartment in the blocks are being charged £2000 a year for this so-called service.

Harlow Council has ignored emails along with the photographic evidence of the same dirt in the same place since (according to my phones photo details 27/12/17.)

Why are those of us who have pride in our town and where we live being ignored and probably being listed a persistent complainers when all we want is a town and area to be proud of?

Don't these people

LETTERS

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Twitter: @Harlowstar

Facebook: /HarlowStar

understand the meaning of pride, and surly they want the same (that is if they live in Harlow themselves) or even be pleased there are some of us who actually care for our town?

MP Halfon will not intervene in this issue so who does the council actually answer to or is it simply allowed to do want it wants without consequence and continue to bury its snout in the troughs of money for doing nothing at our expense?

Name and address supplied

By email

How should we punish pupils?

A FATHER of a Jerrouds schoolboy says, "I agree that if a child misbehaves they should be punished, but not in such a horrible way." (Clearing up after other children while wearing a bright red bib.)

He says if it happens to his son, he would go straight to the school.

I too am shocked at the policy of Jerrouds School. After experiencing such humiliation (or even witnessing it) the little darlings could be traumatized into good behaviour!

It would have been

interesting if the father had suggested HOW the children should be punished.

I am from a generation who believed if we went home crying to our parents about a punishment at school, we would have got a lecture, not sympathy.

Gillian Bergh

By email

Sucking the blood from NHS

OSLER House is not the first NHS surgery to be closed by a private company, and it won't be the last. The Practice Group (formerly The Practice plc), the company responsible for the closure of Osler House, has also closed NHS surgeries in Woking, Leicester, Nottingham, and the London Borough of Camden, because it could not make enough money out of them.

The privatisation of National Health Service provision results in the delivery of healthcare being subordinated to the making of profit.

The companies that are taking over an increasing number of National Health Service functions do not create wealth. The profits that they make do not come from actually producing anything. They are vampires

draining public funds from NHS services, and when they have had their fill, they move on without a thought for the victims of their greed.

Doctor David Owen wrote in 2014 that: "The major consequence of the 2012 Health and Social Care Act has been how it views health care in England as a business rather than a service". Robert Halfon MP voted for the Health and Social Care Act. He agrees with the privatisation of NHS provision.

The closure of Osler House is a consequence of privatisation. If privatisation of surgeries is not reversed, then more surgeries will be closed. Robert Halfon's response to the closure of Osler House surgery is an ineffective attempt to treat a symptom without addressing the cause of the disease.

We need to replace our current Member of Parliament with someone who will fight for a fully-funded NHS, who will vote to bring all privatised NHS services back in-house, who will act to ensure that there will be no more closures of surgeries, an MP who will put the healthcare of the many before the profit of the few.

John Wake
By email

CONTACT US

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. We reserve the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views' Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

WEBCHAT

The hot topics our readers have been discussing on social media this week

■ POTHOLES ON THE M11 ARE CAUSING DRIVERS MISERY - AND THIS VIDEO PROVES IT:

As well as it not being nice to drive over them, they are extremely dangerous for motorcycle drivers driving at speed on motorways. Some of the potholes around Harlow are like craters it's really bad.

Jen Lang

As if the M11 isn't an accident hotspot already! Disgusting

Stuart Harbutt

Oh my. What section is this. Disgraceful. I agree about the Harlow roads. Never seen them as bad as they currently are.

Stevie Mker

■ SINGLE HARLOW MUM 'FORCED' TO PAY £80 TO PARK OUTSIDE HER OWN FLAT AFTER COUNCIL CLOSE PARKING BAYS:

She wants residents only parking, ok well pay a permit for it then that's what happens normally?? oh, this bit also makes me laugh "I live over the shops

and it is a bit of nightmare to park here because people park to use the shops and takeaways"

Neil Martin

The headline is distorting the truth, the council has closed the car park due to needing work done to it, she has decided to park somewhere else which charges, that was her choice.

Jake Payne

I can never get a space outside my house but I won't get any special treatment because that's

Harlow and many other town !! if it was resident only parking it would cost her more then £80 for a years permit.

Keeley Kees Maynard

Resident only permits are the thin end of a wedge which you do not want, just look at London. Every time a CPZ goes in, it pushes free parking outwards, so then another CPZ gets put in, then another...until the whole borough is a giant CPZ, and it still doesn't guarantee you a parking space. Waltham Forest for example charge up to £120

for the first permit, and another £280 for the second.....it's a licence to print money for the council, with a whole enforcement industry built around it, does she really want that???? Does anybody?

Nick Graham

Been happening all over town. Garages and parking bays being handed over for private rent. But then I've been in permit areas for years so used to it.

Marc Russel Warner

Go to Epping. A lot of streets are permit parking

and the cost goes up every year, which the Council said wouldn't happen.

Pat Aley

I have to pay to visit my own son in Harlow.

Mike Watson

Try Stortford. It's all permit parking there and the police ticket cars parked illegally.

Samantha Haythorpe

There is quite a lot of free parking near the Stow. Just have to use your legs and walk. I'm sure baby has a buggy.

Stevie Mker



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PHOTO of the week

River Stort to Parndon Mill, and
Round church. By Brian Gleeson

Children learn by example

I AM writing in response to Pastor Eric Agyemang letter on March 29. I was really interested in his terminology of training children.

I work in schools with children with behavioural and emotional issues, and I see first hand the difficulties Teachers have in educating our children. But I am also aware of the struggles some

children have in being allowed to express feelings, which often get acted out in what we adults see as bad behaviour. Time and again many children are not understood, adults who criticise do not take the time to ask what is the root of bad behaviour, what is this child trying to express about his/hers fears, anxieties, worries

As parents we need to guide, set firm boundaries, but just as important we

need to show love, compassion. We often hear those that say children have no respect, but if adults do not respect a child how can they learn to respect us.

Children learn from example, No child should learn to behave through fear, it creates anger insecurity, feelings of being unloved, it gives children a low opinion of themselves, low self esteem, feel worthless. all of this creates bad behaviour.

As well as children living in hostile or conflicting families. They learn from how we as parents communicate.

Children do not need to be trained, they are not animals, they are human beings with feelings and emotions that impact their future, although I agree discipline it crucial to enable a child to learn how to fit into life, they need to learn that there are consequences

for what we do. But to humiliate a child is not acceptable, it creates guilt and shame which is then carried into adult life where it will have an adverse effect on their future relationships.

If a child needs to be punished at school, and is dealt with fairly, i do not agree a parent should instil their punishment.

There are many ways to discipline children, I agree with helping out at home it

teaches them to be responsible, but to make a child where a bib is most definitely humiliating.

As said Teachers have a difficult job to do, but I also feel many need some lessons on psychology. I have witnessed children who become labelled, and that is totally wrong. Just take time to ask, what is this child's behaviour trying to say.

Ann Lilly
Hollyfield, Harlow

Robert Halfon

HARLOW MP VIEWS



Rt. Hon. Robert Halfon MP

RECENTLY Jake Brackstone, a Harlow resident and student from Harlow College, joined me in Parliament for a weeks' work experience. Jake wanted to share his experience with you so this week, he has written my column:

"My name is Jake Brackstone. I am a student

studying Level 3 Business at Harlow College. On 19 March, I started my work experience for Robert Halfon MP.

While at the House of Commons, I had the chance to learn more about current affairs and work alongside the people who help to run our country. As a young

person interested in politics, it is far more interesting to see what happens here in real life instead of just studying it from home.

I had the chance to watch a debate in the House of Commons on Brexit.

I also attended one of Robert's Education Select Committee sessions where

he questioned the Education Secretary on everything from school exclusions to free school meals and careers.

I believe that young people's involvement in politics is important. That's why I decided to put my money where my mouth is and stand as a candidate in the local elections in Harlow.

Young people help shape the future, so why not start now?

I want to tell young people like myself how important politics is now and for the future.

Everything we do today affects future generations tomorrow.

Parliament has been a great experience for me. I

would recommend it to anyone interested in politics. It has been an experience to remember."

If any other students from Harlow are interested in doing work experience in my office, please get in touch by emailing me at the following address halfon4harlow@roberthalfon.com.

TALKING POINT

What a load of rubbish: we're at tipping point

THE BIG QUESTION:

How much of a problem is fly-tipping in our region?
And what needs to be done?



GREEN PARTY



James Aicken

GOVERNMENT figures show the incidents and cost of fly tipping is rising nationally and is a big problem in our region.

Recent sites on the St Clare Hospice 10K run route and along the A14 to Hertfordshire have been used by rogue traders and

inconsiderate individuals to offload their rubbish.

They are motivated to do so to avoid paying for legal disposal but waste crime costs the economy millions of pounds a year to clean up; money which instead could be going into services like adult social care, housing, or recycling collection.

A range of different tactics can be used to discourage fly-tipping but the front line will require residents to notice and report incidents and for council staff and local police to coordinate their efforts.

Some local authorities have begun to name and shame offenders, residents have invested in CCTV to protect their local spaces, and the #CrimeNotToCare campaign last year displayed a tonne of collected rubbish in public parks to raise awareness of the problem.

Councils have been given

the power to issue on the spot fines for people caught fly-tipping and will try and trace waste back to its owner to seek convictions.

This can mean that local residents or businesses find themselves in trouble if they have trusted their waste to a rogue trader.

In order to prevent this ensure the business has a correct waste disposal licence and exchange a waste transfer note.

I want residents to be fully aware of the services available to them.

Local charity ECCO will collect and repurpose furniture and household items and the council will collect and recycle electrical appliances free of charge.

Other bulky items can be collected by the Heavy Squad from £16 and the The Harlow Recycling Centre is open throughout the week for our use.

ALLIANCE



Nicholas Taylor

FLY tipping in parts of Essex and Hertfordshire is an increasing physical and financial problem for councils to deal with. In Harlow, because of the size of the town and the lack of open space where dumping can take place, it has not been so much of a problem.

In order to tackle this issue one has to look at the causes,

there is a difference between individuals dumping and those that are doing it as a result of carrying out a business, although the outcome is the same.

Why individuals dump rubbish are basically threefold. Firstly they do not have a vehicle and cannot afford to pay the council to take rubbish away. Council collection services should be free for all. It must be cheaper to collect rubbish in an orderly way from a home rather than from ditches and hedgerows for example.

Secondly, frequent users of the council tip are advised that they cannot use the tip so often, this practice should stop, otherwise someone with a loaded up car will be tempted to simply dump it elsewhere. Thirdly, longer opening hours at the council tip would give more time for people to use the service and reduce queues.

People running a legitimate rubbish collection service can easily obtain a licence to do so. The Council should be far more proactive in promoting these businesses. The problem is many collection services do not run proper businesses, being paid cash in hand and having no insurance for example. The law should be changed to provide stiffer penalties to include the seizure of vehicles. Fines should be used to provide more CCTV, at dumping hotspots. Offenders should be sent on education seminars and any licensed operator found to be dumping rubbish should have their licence revoked.

In conclusion rubbish and waste will always need to be removed. Councils need to be more imaginative in the way they deal with it and offenders should be liable to harsher penalties.

LABOUR



Eugenie Harvey

WHOSE blood doesn't boil when they see fly tipping? Not only does it blight the environment, we end up footing the bill for the selfish behaviour of a tiny minority of people.

The cost is approximately £1m a year for fly tipped rubbish to be cleared from Essex. Just think how many teachers, nurses or care assistants that could buy!

In Bush Fair where I'm

standing for election this May and am out canvassing with my fellow councillors, we regularly have to report items such as sofas, fridges and other white goods, mattresses and old furniture and sadly this is the case in pretty much every ward.

The good news is that the Council does a really good job of responding to these reports and clearing up the debris. The bad news, is that the perpetrators therefore consider this a viable

method for disposing of their rubbish – which is crazy in the case of electrical items such as fridges when the Council will come and take them away for you free of charge if you ring up and book a Bulky Collection.

The Council can and does successfully prosecute fly tippers and if people have evidence such as registration details of vehicles used for fly tipping or CCTV, they should always include this in their report.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSESSEX NEWS.CO.UK

YOUR EDUCATION NEWS

Second annual TEDx Youth event set for this summer

TEDx Youth, the exciting community spin-off of internationally renowned TED Talk conventions, is to be held for the second year running at Passmores Academy.

Arrangements are well underway for the event which will take place on Sunday, July 15. Early indications show that this promises to be another memorable day of creativity and inspiration which will build on last year's success.

Passmores teacher Anna Szpakowska, who is part of the organising team said: 'We've chosen all of our young people to speak and they range in age from 11 to 24. We're very lucky because not only have we got someone coming across to us from the USA, but also there's going to be a

representative from the United Nations Youth who will speak on the day and run model UN workshops. Our speakers will begin their preparations with us on May 17, so for now the organising team are focusing on getting everything sorted for the big day!

'TED' stands for Technology, Entertainment and Design. In-keeping with the TED philosophy of making great ideas accessible and sparking conversations, the young speakers are set to entertain the audience with thought-provoking presentations on this year's theme, 'Making Connections'.

Tickets will be going on sale in mid to late May and will be available from Eventbrite through Facebook and Twitter.



The 2017 organisers

Nikia at last year's event



The huge group of volunteers at the 2017 event



Leah and Elija at last year's event



Rosie at last year's event



YOUR EDUCATION NEWS

Raising the roof at the Albert Hall with gala concert

STUDENTS from Freman's music department were invited to perform at a gala concert at the Royal Albert Hall on March 11.

The choir sang with students from other schools and some Freman students were also given the opportunity to take to the stage and perform "Kashmir". Both students and staff had a great time and enjoyed being able to experience this amazing venue from back stage as well as the main stage.

Accompanying teacher, Dr Aguilar, had the following to

say: "The band's performance of "Kashmir" got an amazing response and created a buzz in the audience. As a member of the choir, I really enjoyed singing with so many others and felt that all the efforts in rehearsals paid off when we all sung together."

"Having such a prestigious venue, the amazing organ from the Albert Hall, a full orchestra and a very helpful conductor made the experience really uplifting. The students couldn't stop singing on the way back: they were really happy!"



The choir sang with students from other schools

School smashes through the learning barriers for special needs students

THE work a school does to support children with special educational needs has been described as "uplifting".

The Rev Jokey Poyntz, team vicar at St Mary's Little Parndon, was keen to see how Burnt Mill Academy nurtures its students with SEND – special educational needs and disabilities.

During a visit, the Rev Jokey wanted to find out how the school ensures the smooth transition of students from Key Stage 2 into Key Stage 3 with the help of SEND co-ordinators and stepping stones to prepare them for the next stage of their education.

The visitor met with students with SEND to ask them questions about their experiences of Burnt Mill and the support they receive.

Benjamin Eva, assistant SENDCo and drama teacher, said: "The Rev Jokey Poyntz was keen to see how we enrich our students and provide high expectations for all to smash through barriers to learning."

"We strive to remove labels and focus on achieving the best for all of our students and having high expectation for all. Here at Burnt Mill, we love to showcase how our students achieve the best in all they endeavour."

"Each student is defined by his or her own effort and progress and not that of a label."

The Rev Jokey was so impressed with what she saw, she sent a note of thanks to the school, as well as Tweeting about the experience.

She said: "I had a very uplifting and interesting afternoon and it would give me confidence in recommending you to parents."

"Your passion for the SEND pupils was clear and it was very heartening to see the positive relationships they had with you."

"Hopefully we can find other ways of working together to support our young people and our community."



The Rev Jokey Poyntz, team vicar at St Mary's Little Parndon, was keen to see how Burnt Mill Academy nurtures its students with SEND

A tempestuous way for pupils to drop everything and read

A WEEK dedicated to books and reading inspired a love of literacy among children.

Roydon Primary Academy, in Roydon, held Book Week to promote reading for pleasure and to incorporate World Book Day.

The whole week was based on Shakespeare, in particular looking at his poetry writing.

During the week, pupils took part in DEAR (Drop Everything And Read), worked with West End in Schools to create a whole

school performance of The Tempest, worked on their reading with parents in class, donated books to swap with their classmates and spent a day dressed as Shakespeare characters.

The Book Week Challenge

also got pupils to complete a series of tasks linked to reading, such as reading to someone under the age of five and reading in bed.

Laura Spring, assistant headteacher and English lead, said: "Book Week is an

opportunity to promote reading for pleasure across the school and to encourage children to read, read and read!

"Children always enjoy Book Week and look forward to the activities that are

happening. It's important for us to instil a love of reading into our children and, while reading for pleasure happens every day in school, it's nice to really celebrate the importance and enjoyment of reading in a big way."



The 2017 event

Roydon Primary students had a week dedicated to books

Reptiles and insects bring the Wow factor into Cooks Spinney classes

COCKROACHES, snakes and lizards were found in a primary school – much to the delight of pupils.

Cooks Spinney Primary Academy, in Harlow, welcomed in the reptiles as part of its latest Wow day.

The school gets enthusiasm for every new topic started with a Wow day each half-term.

Year 3 were visited by a bearded dragon,

Madagascan cockroach, Tegu lizard, Sinaloan milk snake and a royal python from Animal Experience.

Sarah Brennan, Year 3 teacher, said: "Children learnt about the creatures and got to hold and/or touch them. This visit was to tie in with our dragon topic.

"Children were thrilled by the close encounters with the reptiles. It really was a memorable experience."

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Cockroaches, snakes and lizards were found at Cooks Spinney Primary Academy

YOUR COMMUNITY NEWS

Nursery's pride at Millie's Mark first aid accolade

RUM Tum Tugger's Nursery announced that it has received national recognition for going above and beyond the minimum requirements in paediatric first aid. With its robust processes and documentation, the nursery staff strive to keep children safe by minimising risks and accidents and giving parents that greater reassurance.

Rum Tum Tugger's has been awarded Millie's Mark by National Day Nurseries Association in collaboration

with Department for Education and Millie's Trust. Millie's Mark is named after Millie Thompson, who tragically died as a result of choking in a nursery in 2012. Her parents Dan and Joanne Thompson have campaigned for all staff to have paediatric first aid training and having Millie's Mark demonstrates that nurseries have met this. In addition it shows they work hard to keep these crucial skills in the forefront of employees' minds, so they



Rum Tum Tugger's has been awarded Millie's Mark

are competent and can apply paediatric first aid in any situation.

Laura Boulwood- Dunn (Manager) commented: "We are delighted and so proud

to have received Millie's Mark for our nursery. We are committed to ensuring that

all children in our care are safe and that staff are confident in their practice."

Pantos not just for Christmas (oh no, they're not)

THE Harvey Centre in Harlow is thrilled to welcome two Tottenham Hotspurs legends to the centre's Spurs store on Saturday, April 7.

With the business end of the football season upon us, Tottenham Hotspurs are giving fans the chance to meet some legendary players who know what it's like to be competing at the very top of English football.

From 12.30pm - 2-30pm on Saturday, April 7 fans will have the chance to meet Paul Allen - Spurs midfielder from 1985 - 1993 and Player of the Year 1991. Paul will be joined by his cousin Clive Allen, who scored 60 goals as a forward for the team between 1984 and 1988. The legends will be on hand to greet supporters, sign topographs and take a cheeky selfie or two inside the centre's Spurs shop.

Bryan Young, Centre Manager at The Harvey Centre says, "We're really excited to welcome Paul and Clive Allen to the centre this April. Spurs are an iconic club with a huge fan base in Harlow, so we are really lucky to have them at The Harvey Centre's Spurs Store. The event is sure to be popular with local football fans of all ages and it's the best opportunity to get up close to these legends and ask them any burning questions!"

THEATRE REVIEW

BY JIM THOMPSON

HE prospect of going to see a Pantomime outside of the usual Christmas period fills me with an air of trepidation; so ingrained it is within my DNA, forged in the fires of childhood.

However, the staple stories that constitute a vast majority of these festive fares barely have any connection to Winter or Christmas, so it seems only fitting that for an Easter Panto the choice would be 'Jack and The Beanstalk'. As the shoots of spring take hold outside, the vines inside the theatre have also cascaded around the building.

The Victoria Hall Theatre has recently built up a strong reputation for playing host to quality children's shows, either during Half Term or at Christmas and some of the credentials seem to have spilled into this new theatre company's production, sharing not just cast but also director.

The eponymous titular Jack is handled with comfort by Old Harlow favourite Molly Jenkins.



Jack and the Beanstalk is at The Victoria Hall Theatre

She delivers jokes, moves the story along and interacts with the audience like a seasoned professional. Tommy Ray, last seen as The Prince in the theatre's 2016 'Snow White', takes a brasher role this time as Widow Dreary. Also very confident in his ways with the audience, he brought a Pythonesque quality to the proceedings. Playing the Fairy of piece is Angharad Price, a veritable Julie Andrews in both speaking and singing, nicely rounding off the strong and talented cast.

Yes, you read that correctly. Only three in the cast. This is a

huge part of the charm of this show, as they work hard to multitask their way through the 50 odd minutes of performance. Tom is also the voice of the Giant (far too soft for my tastes but perhaps deliberate for the younger audience members), a magic Goose and (possibly the highlight of the show, gaining gasps of delight from children and adults alike) Truffles, the operatic pig. Angharad also gives us an additional turn as a very Welsh cat that appears from nowhere as part of an audience singalong.

Director Martin Colton

ensures there is plenty for the children to do throughout the show, some bits working better than others, but as I cast my gaze across the auditorium every child was glued to the action... and during such a wet start to the Easter holidays, isn't that just what you want from a Children's show? The show had a few technical problems but it was the very first show and as it runs until April 7, it should be slicker than an axe through a beanstalk when you get to see it. Tickets are still available up to that date at www.ticketsource.co.uk/jackandthebeanstalk

Crucial life lessons for more than 1,000 pupils heading to senior school

OVER 1,100 year 6 pupils from Harlow have just completed a series of personal safety scenarios as part of the annual crucial crew event.

From Tuesday, March 13 to Friday, March 23, 1,126 pupils from Harlow primary

schools attended Harlow Crucial Crew to learn about personal and community safety and participate in a range of fun, interactive scenarios where they had the opportunity to practice making positive decisions in a safe, controlled

environment.

Crucial crew supports children's transition from primary to senior school at a time in their lives when they are likely to start going out and about in the community without adult supervision.

Harlow Council organised

Crucial Crew and worked with Essex Police, Essex County Fire and Rescue Service, HTS, Safer Places, Sainsbury's, Essex County Council and Anglian Community Enterprise to cover topics including drugs/

the environment, healthy relationships, safety around Large Goods Vehicles, road and cycle safety and healthy lifestyles and nutrition.

In addition, the Council's Community Safety Team provide a scenario to raise children's awareness of the

dangers of alcohol and the importance of not divulging personal information to adults they do not know.

Crucial Crew is funded by the Essex Police Fire and Crime Commissioner and organised by Harlow Council.

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NEWS.CO.UK



Children were given advice on the effects of drugs and gangs



Children are introduced to the crucial crew programme by Christine Howard of Harlow Council



Children learnt about how much sugar goes into soft drinks

FILM REVIEWS

With Darryl Webber

ALSO OUT THIS WEEK



John Krasinski and Noah Jupe try to keep quiet

A QUIET PLACE (15) ★★★★★

SILENCE is golden – and imperative for survival – in John Krasinski's nerve-shredding horror thriller about a family battling against sightless otherworldly creatures, which hunt by sound.

A single sneeze or cough could be fatal, and the lean, propulsive script co-written by Bryan Woods, Scott Beck and Krasinski takes sadistic delight in prickling our discomfort until we're ready to scream on the characters' behalf.

In the opening hour, *A Quiet Place* is a masterclass in old-fashioned scares and suspense including a horrific scene with a nail protruding from a wooden basement staircase, which begs to be glimpsed through trembling fingers.

The gasp-inducing pay-off is telegraphed in advance and Krasinski confidently tightens the screw with slickly engineered set pieces, which punctuate the heart-rending human drama.

In the absence of dialogue, the film relies on beautifully calibrated gestures to convey emotion.

Krasinski's real-life wife Emily Blunt delivers a powerhouse performance as a mother hen, who is dedicated to preparing her children for a bleak future without her guiding influence.

She gels magnificently with expressive young co-stars Millicent Simmonds and Noah Jupe, who milk every tear and shudder of anguish from their characters' nightmarish predicament.

Eighty-nine days after first contact with the monsters, resourceful father Lee Abbott (Krasinski), his wife Evelyn (Blunt), deaf daughter Regan (Simmonds), eldest son Marcus (Jupe) and four-year-old Beau (Cade Woodward) have adapted to the omnipresent threat.

The family communicates via sign language and silently scours for provisions in abandoned stores, treading carefully on paths of sand to dampen the gentle thud of bare feet.

Alas, the electronic beeps from a battery-powered space shuttle toy prove little Beau's downfall.

More than a year later, the Abbotts regroup in grief under the eaves of an old farmhouse.

Evelyn is heavily pregnant and a newborn baby's cries could draw the hunters to their provision-stocked hiding place unless they can sound-proof the basement.

Time is of the essence and Lee actively involves Regan and Marcus in preparing escape routes and diversion tactics.

Despite these best laid plans, Evelyn fears her brood will lose the deadly game of hide and seek.

A Quiet Place bides its time, relishing nervous calms before the storm of sickening violence that consumes the final act.

Tense sequences in a grain silo and a water-logged nursery draw favourable comparisons with the *Jurassic Park* and *Alien* franchises.

The script's logic frays in places but it's impossible not to be held in a vice-like grip by the family's white-knuckle ordeal.

Don't speak, don't breathe, and pray. Silently.
Damon Smith

THE
BIG
FILM



Martin Freeman stars in British anthology horror *Ghost Stories*

Thrills and chills

GHOST STORIES (15)

★★★★★

O riginality and horror rarely go hand in hand. The huge box office success of last year's remake of *IT* showed that familiarity is a potent factor in how many horror films work.

Knowing what's going to happen next doesn't seem to lessen the dread, it merely serves to heighten the anticipation.

Jeremy Dyson and Andy Nyman's horror anthology plays like a greatest hits of familiar scary tales and horror tropes. It's adapted from Dyson's hit *West End* play of the same name and you can imagine it being an edge-of-the-seat theatre experience. It riffs on horror routines we've all seen before but does so with a brio and conviction that has you jumping and gasping in all the right places.

Nyman plays Professor Phillip Goodman who, in the film's opening scenes, we see confronting a stage psychic who's faking his powers to prey on the vulnerable. Goodman has made his name (and money) by debunking and deriding peddlers of the supernatural, inspired himself by a 1970s TV sceptic who mysteriously disappeared years

before. Now famous for his own investigations, he's perplexed when he's invited to meet this disappeared expert and travels to a run-down caravan park to see what he has to say. Living in squalor, the old man says his and Goodman's careers are worthless because the supernatural does exist and hands over three of his unsolved cases for Goodman to investigate, convinced Goodman's scepticism will be undone by them.

So Goodman embarks on a three-pronged investigation, starting with a visit to a distressed night watchman played by Paul Whitehouse who regales a tale of an

unquiet spirit who visited him in the derelict building he was patrolling; next up, Alex Lawther is a young man on the edge of psychosis after a terrifying encounter in the woods; finally, Martin Freeman's smug ex-City worker tells him about the poltergeist that invaded his house while his wife was giving birth.

Each story plays around with our expectations and pretty much delivers on them. There are requisite shocks rather than any real surprises, but it's effective enough as we see Goodman's motto "the brain sees what it wants to" come back to haunt him as his belief in his own scepticism is

gradually eroded and the story arc comes back to him and his own fears and anxieties.

Whitehouse and Lawther are terrific as haunted characters, one downtrodden and beaten, the other manic and on the verge of mania; both are very convincing. Martin Freeman's arrogant twerp garners rather less sympathy, but I guess that's the point. However, it did make me want to see more of Whitehouse and Lawther's cases than Freeman's – It was hard to care what happened to him.

Ghost Stories is a lot of fun and very British. It's anthology approach recalls *Creepshow*, *Tales Of Terror* and especially the old *Hammer House Of Horror* TV series from the early 80s. It has all the jump scares necessary to have leave your nerves jangling, if not shredded – even if you can see them coming a mile or two off.

Dyson and Nyman build up plenty of atmosphere and spike it with some nice black humour to remind us how absurd it all really is. There's nothing groundbreaking here and none of the lingering feeling of disquiet that classic horrors leave you with. But if you like your horror familiar and homespun rather than slick and glossy, then you'll enjoy *Ghost Stories*.

Darryl Webber



SPOTLIGHT

Niamh Cusack as Lady Macbeth and Christopher Eccleston as Macbeth

Playing Lady M is a dream come true

Niamh Cusack talks to **MARION McMULLEN** about superstition, Shakespeare and cinema

There are lots of stories about the curse of Macbeth. Are you superstitious?

I'M a little bit superstitious, but I am trying to ignore it and Greg Doran (the Royal Shakespeare Company's artistic director) said Macbeth about five times when he came to welcome us all to the company.

He said he didn't believe in the old superstitions.

We've had a couple of things go wrong - someone fell off the stage in a fight scene during one preview. It's quite dark on stage so it hasn't been without incident, but (laughs) all of us are still alive.

Is Lady Macbeth a part you have wanted to play?

I SAW my sister Sinéad doing Lady M in Stratford-upon-Avon with Jonathan Pryce as Macbeth and Adrian Noble directing when I was here doing Romeo And Juliet.

The whole thing came alive for me and I hankered to play Lady M, but I thought the time had gone. Then I was up in Manchester with director Polly Findlay and she asked if there was any role I had wanted to play and I said Lady M.

About four months later she called and said: 'How do fancy playing Lady M opposite Christopher Eccleston next year? I just said yes right away. I didn't even need to take time to think about it. There was none of that.'

It's something that I feel privileged to have the opportunity to do. Christopher is a magnificent Macbeth and Polly is one of the top directors in the country.

What is it like working again with the Royal Shakespeare Company?

IT'S lovely. I love Stratford-upon-Avon. I did three seasons here and my husband Finbar did six seasons.

My son Calam was born in Warwick Hospital as well so Warwickshire feels like another home. I love the countryside and I love walking, but most of all I love Shakespeare and the opportunity to be here and to play Lady M is a dream come true.

You come from an acting family. What is your first memory of the theatre?

I SAW my father (Cyril Cusack) in The Tempest at the Old Vic probably in the early 70s.

John Gielgud played Prospero and my father played his brother. I have a vague memory of that. I don't really think I picked up on the language but The Tempest has a magic to it and it seemed magical to me.

“

I hankered to play Lady M, but I thought the time had gone...

Niamh Cusack was surprised and delighted when director Polly Findlay offered her a role in Macbeth

The production that stands out in my mind though is Much Ado About Nothing with my sister Sinéad and Derek Jacobi and Terry Hands directing. I just loved it. I loved the relationship between the two lead characters.

It was gorgeous, an absolutely beautiful production, the music and everything.

A digital clock counts down the action on stage in Macbeth. Does the production have a modern feel?

THERE are no mobile phones or laptops, but there is a contemporary feel. It's a world where people can identify with the characters, but it's definitely a world where men have the power. Lady M is not in a position to promote herself, but she can promote her husband and, through that, have power.

How do you prepare to play someone like Lady Macbeth?

IT all begins with the language Shakespeare gives you pretty much actually. You are right in the language so quickly and that propels you and propels the audience through the story.

Polly, Christopher and I agreed this couple are not completely bad people. They are damaged. They have lost a child and she's grieving for the child.

They were supposed to be a couple with children and they find themselves a childless couple. It really motivates her. She feels she hasn't given her husband kids but she can give him power.

Macbeth is going to be broadcast worldwide in cinemas. Are you looking forward to reaching such a wide audience?

VERY often we see kids, the school trips and groups, coming and see the play and I always tell myself many will have not seen the play before.

It's a responsibility, but very exciting if just one person in that group has the play illuminated for them and then goes on to write plays themselves, become actors or fall in love with the theatre. I'm passionate about the theatre and I hope that is the effect we have.

I met someone in the street the other day and she said her daughter had seen me in Romeo And Juliet when she was about nine and she was now in her early 40s and still loved going to the theatre.

You've appeared on TV and film in dramas Heartbeat, Lewis, The Hollow Crown and Testament Of Youth, but is there any Shakespeare role you'll still like to play?

(LAUGHS) There are so many, but maybe Much Ado About Nothing. I think if I'm playing Lady M maybe I'm not too old to play Beatrice after all.

Volumnia in Coriolanus is a great part as well and I would not mind having a go at a part normally played by a man.

■ THE worldwide live cinema broadcast of Macbeth can be seen on April 11. Go to rsc.org.uk for screening details.



■ PIRATES Of The Caribbean actor Orlando Bloom, pictured, is returning to the West End stage to play a policeman who moonlights as a contract killer. Killer Joe by Tracy Letts runs at Trafalgar Studios in London from May 18 and the 41-year-old actor says: "I know we will create a production that is polarising, entertaining, dark and funny." Go to trafalgarentertainment.com for ticket details.

■ HOLLYWOOD actress Rose McGowan, right, one of the first to publicly speak out against disgraced movie mogul Harvey Weinstein, will discuss her memoir, Brave, as this year's Hay Festival.



Other authors taking part in the 11-day event from May 24 include Jilly Cooper, The Handmaid's Tale writer Margaret Atwood, Atonement author Ian McEwan and War Horse's Sir Michael Morpurgo. See hayfestival.com for details.

■ WELSH actor Rhys Ifans, right, is to star in a free performance of upcoming show Mood Music as part of the Old Vic Theatre's bicentenary celebrations.



The theatre celebrates its 200th birthday on May 11 and audience members, who will win tickets via a ballot, will receive a special memento and birthday cake and take part in a group photo. Mood Music opens on April 21 and runs until June 16. Go to oldvictheatre.com for details.

MUSIC

Happy, angry, violent

AHEAD OF THEIR ESSEX GIG, IDLES SINGER JOE TALBOT TELLS **MARTIN NEAL** THEIR HARD WORK IS PAYING OFF

By their own admission, Idles were pretty ropey when they first started back in 2012. But hard work and a conscious effort to lay off the booze a bit have seen them make giant strides.

The Bristol quintet's debut album, *Brutalism*, received critical acclaim after being released last year and added to their steadily-growing fanbase.

Politically and socially aware, and variously described as punk and post-punk, Idles aren't afraid to add a bit of humour to the mix, and Essex fans get the chance to find out from themselves when they visit Chinnerys in Southend next week.

"When we started out I just wanted to make music and work hard and see how it went," said singer Joe Talbot as we discussed the band's beginnings and where they could find themselves.

"We set ourselves realistic goals and work hard at achieving them. There's no end product, we just want to keep on working hard and doing that."

With its fiery feel and stark, honest lyrics, *Brutalism* was described as "sheer bleak beauty" by Louder Than War and is testimony to that work ethic.

"You're looking at five people

trying to understand each other and work together as a unit," explained Joe.

"When we first started we were ****ing terrible. We were drinking all the time, and other stuff, but now we are a unified band and we've learnt how to work together."

They've also managed to create a distinctive sound that's far from being ****ing terrible – exciting, volatile and uncompromising, it's got the ingredients that a lot of punk bands these days seem to be lacking.

Is it punk though? Or post-punk?

"I'd just call it Idles," insists

Joe. "But of you want to find somewhere to categorise it. I'd put it somewhere between punk and post-punk. It's happy, angry, violent music, that's full of passion and compassion."

Despite the band's nonsense approach to politics and society, it's not all doom and gloom with Idles.

Their clever lyrics make good use of humour.

For instance, November 2016's *Well Done*, which reached No 1 on Spotify's viral charts, which has Mary Berry and a fictional toff called Tarquin down as reggae fans while making a deadly serious

point about the class divide.

Humour is a big part of my life," says Joe, "I like to make my friends laugh,

"Comedians like Chris Morris, Armando Iannucci and Stewart Lee are some of the greatest spokespeople of our generation. They're far more relevant than anyone who works on The Sun."

With *Brutalism* gaining rave reviews, Idles have now finished work on their second album, which will be out later this year.

The tour starts this weekend and Joe explained: "It's flat-out at the moment but not with rehearsing – I'm working 12 hours a day on the artwork for the album. I don't have to but I want to."

"We've just come back from a tour of America where we've been playing every night so our set is airtight."

Tickets have been selling well for the Southend date and Chinnerys certainly sees the ideal venue to see them in.

"If I had to choose where to play, it would be a small venue," said Joe. "You can see the whites of the audience's eyes. I see music as a dialogue and you can interact more in a smaller venue."

Idles play Chinnerys, Southend, on Wednesday, April 11. For tickets visit www.seetickets.com



Idles play Chinnerys, Southend

Photos: Lindsay Melbourne

BEST GIGS

GIG OF THE WEEK



■ **Oh Maddie, The Bassment, Chelmsford, Saturday, April 7**

One of Chelmsford's finest, Oh Maddie, return to home ground with some new material and fresh from the success of latest single *Youth* which has got plenty of praise and radio airplay. Support comes from Rubber Jaw and resident DJs will take the party into the wee small hours.



■ **The Fling, Hylands Park, Chelmsford, June 30**

The Fling is back and has announced its first wave of acts with the exciting news that legendary punk bands Buzzcocks will be headlining. Joining them at the one-day festival will be Sunscreen, New Town Kings, F.O.X., Junior Jump And The Bottom Line, Rad Pitt, Magic Seas and many more. Tickets are on sale now.

DOWN THE PUB

HERE are our gig highlights for April 6-8

■ **Sunny Sailor, Maldon:** Saturday - RAZ (jazz, funk, pop fusion)

■ **Star & Garter, Moulsham Street, Chelmsford:** Saturday - Strongbox

■ **The Bull, Colchester:** Friday - Adrenalin

■ **Cricketers, Southend:** Friday - Billy Liar; Saturday - Bif Bam Pow

■ **Horse & Groom, Braintree:** Saturday - Crusader

■ **Royal British Legion, Wickford:** Saturday - The Mint (mod covers)

■ **Canvey Conservative Club:** Saturday - The Statins

■ **Waggon at Wix:** Saturday - Solar 9

■ **The Shark, Harlow:** Saturday - Naked Apes

■ **Golden Fleece, Chelmsford:** Friday - The Rising

■ **Railway Hotel, Clifftown Road, Southend:** Sunday (4.30pm) - The Roosters

■ **Boars Head, Braintree:** Friday - Legend

■ **Cow & Telescope, Southend:** Friday - Simon J Pintos Mystery Mayhem Band; Saturday - VTII

CELEBRITY WELLBEING

I don't know what it is about turning 40, but I definitely had a 'light on' moment



Singer Claire Richards says she was afraid of getting older

CLAIRE RICHARDS first burst onto the scene as a fresh-faced singer in pop band Steps in 1997, the year she turned 20.

Since then, she's been through a lot of ups and downs in the public eye; from Steps breaking up and reforming, to entering the Celebrity Big Brother house and her well-documented struggles with yo-yo dieting.

Now 40, Claire says the landmark age has given her a new level of peace in her life. Here, she shares the lessons she's learned.

IN JUGGLING A CAREER AND MOTHERHOOD...

CLAIRE has two kids with her husband Reece Hill – 10-year-old Charlie and eight-year-old Daisy.

"It's a big juggling act most of the time," she confesses.

"Me and my husband are a real team when it comes to making sure the kids are looked after, we always make sure that one of us either takes them (to) or picks them up from school, and that there's always one of us around."

Despite having a lot on her plate with her family and career, she's refreshingly honest about it all.

"It's not easy, but I'm not the only mother in the world that does it," she laughs.

"It definitely makes life interesting."

IN WHAT PARENTING MEANS TO HER...

IT'S when she's with her family that the pop singer feels the most grounded, and she's often surprised at how much motherhood has taught her.

"Once you have kids, you realise all the things that used to be your priorities are really quite small and

Steps singer Claire Richards talks to **PRUDENCE WADE** about balancing family and work and finding her confidence at 40



Steps in 1999 (from left) Lee Latchford-Evans, Claire Richards, Faye Tozier, Lisa Scott-Lee and Ian Watkins

insignificant," she explains. "I now realise that everything else is not as big a deal, as long as they're OK."

Despite juggling a pop career with motherhood, Claire is just like any other parent on the school run.

She describes how, even though her two children might occasionally drive her up the wall, every so often she'll look at them and realise: "Actually, it's pretty amazing that I grew that person inside me, and now they're actual living human beings."

"It's quite a big thing to get your head around, and sometimes I still can't!"

ON BECOMING MORE CONFIDENT AFTER TURNING 40...

LIKE many people in their late 30s, the Steps singer says that she was dreading turning 40.

But now that the landmark birthday has passed, she can't

fathom why she was so afraid of it.

"It's weird, because I spent so many years being scared of turning 40, and yet the minute I did, it really wasn't that bad and a lot of things fell into place," she says.

"I don't know what it is about turning 40, but I definitely had a 'light on' moment."

After celebrating her birthday, Steps also started performing again. "Even being 40, I think I wore less onstage than I ever have!" she giggles.

Her ability to take style risks is helped by the confidence that Claire gets from being on stage, and you can tell that performing live is something she absolutely loves, even 20 years on.

"I know what I'm capable of now and I know what my ability is," she explains.

Things certainly have changed since she was performing in her

early 20s, and Claire says: "I'm not scared of it any more, and I'm not apologetic for it either – I just do what I do and I love it."

ON WHAT SHE WOULD TELL HER YOUNGER SELF...

"I'D TELL my younger self to chill out a little bit and not to take everything so seriously," she says. "It really will be OK in the end – you've just got to have a little bit of faith."

Despite this, she has no regrets.

"I do think everything happens for a reason," she says.

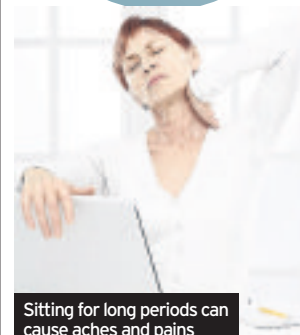
"But it would have been nice to know 20 years ago that everything is not that big a deal, and you're going to be alright."

ON WHERE SHE'S HAPPIEST...

CLAIRE says she's happily swapped the glitz and glamour of the red carpet for a hot glue gun, and confesses that arts and crafts are her favourite things to do on a free weekend.

"I love making anything crafty," she admits. Pom poms, flowers made out of felt – it's all thrilling for Claire. "I could spend hours doing that kind of stuff," she confesses.

■ Claire Richards is the face of the Spectacle Wearer of the Year Awards 2018, Specsavers' nationwide search for proud UK glasses-wearers aged 16 and over. To enter and be in with a chance of winning £10,000, visit loveglasses.specsavers.co.uk. For each entry, Specsavers will donate £1 to the anti-bullying charity Kidscape.



Sitting for long periods can cause aches and pains

1 ACHES AND PAINS

DUE to poor posture you can experience headaches, shoulder ache, neck and back pain. Sitting with a bad posture can increase your risk of developing arthritis of the spine and a slipped disc.

2 MUSCLE WEAKNESS

WHEN you spend a lot of time sitting, your muscles weaken. Muscle fibres lose their flexibility and become stiff. They lose bulk and mass and weaken.

3 DECREASED SENSITIVITY TO INSULIN

MUSCLE inactivity due to sitting has been linked to a decrease in your body's sensitivity to insulin – and that puts you at an increased risk of developing pre-diabetes and Type 2 diabetes.

4 BAD FOR YOUR HEART

STUDIES have shown that couch potatoes who spend more than four hours a day sitting passively in front of a screen have a 125% greater risk of developing symptoms of heart disease, such as angina (chest pain) or having a heart attack.

5 POOR CIRCULATION

WHEN you sit for more than an hour at a time, you increase your risk of developing peripheral oedema, pooling of fluid in your legs, ankles, and feet.

DOCTOR'S NOTE

A STUDY on protein timing in the Journal of the International Society of Sports Nutrition found that downing protein right after a workout has no beneficial effects on muscle growth or strength, compared with eating the same amount of protein later with meals.

Incorporating protein into your meals (with foods including meat, beans and eggs) will provide your muscles with everything they need to take advantage of exercise.

FOOD & DRINK



NICE SLICE BABY

OLIVE OIL CAKE
(SERVES 8)

"IT MAY seem counter-intuitive to bake a cake using an ingredient so firmly

associated with savoury dishes, but olive oil cake is an everyday classic that feels distinctly Italian," says Russell.

"It's a delicious alternative to butter-based cakes and has a rather grown-up flavour profile, but this will change dramatically depending on the type of olive oil you use.

"It goes without saying that you should use the best quality olive oil you can get, but grassy, peppery oils don't lend themselves very well to this cake. Look for an oil that has floral, herby or fruity notes instead."

INGREDIENTS

320ml extra virgin olive oil
300g caster sugar
4 large eggs
½tsp fine salt
1tsp vanilla extract
250ml whole milk
Juice and zest of 1 lemon
Juice and zest of 1 orange
2tsp baking powder
350g '00' flour

METHOD

1. Use a little of the

olive oil to grease a 24cm cake tin and line the bottom with greaseproof paper. Preheat the oven to 180°C/gas 4.

2. Put the sugar, eggs, salt and vanilla extract into a large mixing bowl and beat until pale and fluffy. Using a wooden spoon, slowly stir in the olive oil, milk, lemon juice and orange juice. Add the two zests. In a separate bowl, mix the baking powder into the flour, and when combined, fold into the olive oil mixture until smooth.

3. Pour the cake mix into the greased tin and place in the oven for about 45 minutes, until the top feels springy, a skewer comes out clean when inserted into the middle, and the cake is golden brown.

4. Cool on a wire rack and serve warm, generous slices with a sweet wine, or enjoy cold the next day with coffee.

Russell Norman in Venice



Venetian finds...

THERE IS A WHOLE DIFFERENT PACE TO FOLLOW WHEN IT COMES TO FOOD FROM VENICE, AS **ELLA WALKER** DISCOVERS

HOME cooking is king for Russell Norman. "The best restaurants in the world come second to the most humble homes in the world," says the 51-year-old restaurateur. "It really is that dramatic a feeling for me."

The food writer and businessman, known for his Polpo restaurants, which serve Venetian small plates, has paired his love of home cooking with his adoration for Venice in a new cookbook, *Venice: Four Seasons Of Home Cooking*.

It saw him spend 14 months living in the blue-collar district of Giardini, Castello – with an idea to write a recipe collection "live, in real time," inspired by Venetian home cooks.

Had he not moved there, Russell believes he'd have missed "the excitement the whole neighbourhood felt" when the changing of seasons affected what was being put on the table.

For instance, he'd never have experienced the mad-dash made by local fishermen when the temperature in Venice's lagoon changed "just enough for the local crabs (moechi) to shed their summer shells." They're soft for fewer than 24 hours; a very short window in which to harvest them for their sweet, expensive

flesh, before their shells crust over and harden.

Venice's food culture is endlessly alluring, the west-Londoner says, particularly considering its geographic and topographic diversity. It's incredible how self-sufficient and well-fed the city is.

"It's preposterous when you think about it, a city built in the sea, but they've made it work," says Russell.

Despite his shared joy of Venetian produce, slipping into his new neighbourhood took a bit of work.

"It's difficult for mainland Italians to feel welcomed, so you can imagine an Englishman whose Italian is quite shaky anyway, living amongst people that have been in that neighbourhood for generations," Russell reveals wryly.

"All of a sudden, there's a guy who doesn't just come and go like a tourist would, who's persistent and asks questions."

It took a while... but eventually I got tolerated.

Russell Norman on his time in Venice

He admits he became "a bit of a stalker" to some of his neighbours, "in the most benign way"; becoming fascinated with where and what they were shopping for and asking what they were planning to do with the produce they picked up.

"Once they saw I was interested in their food and culture, their heritage and family recipes, they opened up completely.

Although it took a while," he adds with a laugh, "but eventually I got tolerated."

Russell, who first visited Venice as a teenager, had to think again about using his own professional kitchen kit though.

"They don't have 14 different chef knives," he says of the home cooks he encountered. "They have a single serrated plastic handled knife they probably bought 10 years ago from the supermarket for a couple of euros – and they're still using it."

That's not to say he didn't start his Venetian stint with a separate suitcase full of sharpened chef knives. "I realised it was wrong, I wanted to do things in the same way as my neighbours, so I

bought my two-euro knife," he says with a laugh. "It's really good, it cuts everything – it took a bit of getting used to; I'm used to chopping an onion very quickly. You've got to slow down and do it like an 85-year-old woman would – but I found my inner 85-year-old woman, and she enjoyed it."

Now back from Italy, he's embarking on a move to Kent, where he has a "wreck" of a 550-year-old farmhouse to wrangle into shape.

"I've got this fantasy of continuing to work in London, but to live in a rural setting with a kitchen garden, maybe some chickens or some

India runner ducks, and my own leeks, courgettes, corn and radicchio," he muses.

It's a fantasy sure to be realised. After all, he achieved all his dreams in Venice: "I had this image of sitting on a balcony with a chair, a table and a bowl, shelling a big bag of peas – and I managed it."

■ *Venice: Four Seasons Of Home Cooking* by Russell Norman, photography by Jenny Zarins, is published by Fig Tree, priced £26.



Russell Norman's new cookbook

A FEW months ago I started to talk to people about wine "in person" not via the written word.

I love speaking to people face to face, it's great, though when I write in the privacy of this room I don't have to brush my hair or change out of the wine-stained T-shirt. I'm asked questions from time to time, so I'm sharing three common ones with you.

■ **When you see tears on the side of a glass is it a sign of quality?** The short answer is no. But first, what do I mean by the word "tears"? (It's not a sign of despondency because the glass is empty.) When you swirl wine you might find that it clings to the inside of the glass in droplets.

These tears (also called "legs") are caused by a complicated interaction of water, alcohol and

RAISE A GLASS

WITH JANE CLARE



air. It doesn't indicate that a wine is of good quality (although it might be) but rather that the wine is high in alcohol.

■ **What is the difference between a vintage and a non-vintage?** A VINTAGE wine is representative of the year in which the grapes were grown and how they were affected by environmental factors such as sun, wind, hail and rain.

A vintage wine doesn't always taste better than a non-vintage wine which is created from a blend of reserve wines across

several vintages.

Many wine producers create "signature style" non-vintage wines every year.

They blend reserve wines to create one overall wine which best represents the flavours you and I come to expect when we buy that particular brand.

That allows for consistency – whereas a vintage wine can be different from year to year.

■ **If a wine bottle has a big glass dent in the bottom does it mean it is a great wine?** That dent is called the "punt" and not all wine bottles have it but many of them do.

It is a throwback to when bottles were handblown and the glassblower would create the indentation for stability.

Mechanised procedures mean

that those dents aren't as crucial as they used to be. Some wine producers choose not to use bottles with punts mainly because of the extra production cost. However, a punt on a sparkling wine bottle does allow for better distribution of the pressure inside.

There. I like sharing wine facts.

Meantime... here are a couple of wines off the beaten track.

Westwell Ortega Classic Ferment 2015 (£75 for a case of six, westwellwines.com, 11.5% abv) is an English white wine so very pale and delicate. The Ortega grape – a native of Germany – delivers lemon hints and aromas of gooseberry, grapefruit and peach with just the slightest

breeze of elderflower. The acidity is good, giving those same fruit notes a refreshing lift.

Nepenthe Altitude Pinot Noir 2015 (RRP £12.99, Amazon, 14% abv) is a wonderfully light-bodied red, hailing from the cool climate of the Adelaide Hills in the south of Australia. Some of the wine is aged in French oak of various ages for 10 months which adds spicy notes to an otherwise fresh aroma of strawberries, red fruits and bilberries. There's a surprise of lavender too.

■ Jane is a member of the Circle of Wine Writers. Find her online as One Foot in the Grapes.



"THE fennel bulbs I buy from Stefano on Via Garibaldi are about the size of a small fist, but have fronds that extend upwards so that they sometimes protrude from the top of my shopping basket."

"This is in contrast to the fennel found on supermarket shelves, which tend to be neatly trimmed and polite," explains Russell.

"I prefer the unruly version because the herby extensions come in very handy for recipes like this one. Raw fennel is such a great ingredient, particularly when sliced very thinly; the intense liquorice flavour can sometimes take you by surprise."

INGREDIENTS

1 fennel bulb
2 navel oranges (or blood oranges in spring)
1 small red onion, peeled



A large handful of good black olives
Extra virgin olive oil
Flaky sea salt
A small handful of mint leaves

METHOD

1. Cut the fennel in half lengthways and remove and discard the core. Cut off a few of the feathery fronds and set them aside. Using a mandoline or an extremely sharp knife, slice the fennel very thinly indeed.

2. Peel the oranges and separate the segments. Set two segments aside. Use a sharp, serrated knife to remove the pith and the membrane from the others.
3. Slice the onion as thinly as

possible and remove the stones from the olives by squeezing them between thumb and index finger – it doesn't matter if they get squashed in the process.

4. Put the orange, fennel, onion and olives into a very large mixing bowl and add a generous glug of olive oil and a good crunch of sea salt flakes.

5. Sacrifice the two reserved segments by squeezing their juice into the bowl and discarding them.

6. Turn once or twice, add the mint leaves, turn once more, and divide equally between four pretty plates, garnishing each with the reserved fronds.

FENNEL COUNTDOWN

FENNEL, MINT AND
ORANGE SALAD
(SERVES 4)

"SO OFTEN, domestic Italian recipes call for stale bread, usually chopped or torn into small chunks and sometimes soaked in milk."

"It is this frugal, sensible approach to household management that characterises the cooking I love and certainly informs the choices of home cooks in Venice; always with one eye on the purse strings," says Russell. "Ribollita is a great example of a hearty dish that, despite its humble, inexpensive ingredients, does not compromise on flavour. The addition of the bread creates a texture that I find deeply comforting, too."

INGREDIENTS:

300g dried cannellini beans
2 bay leaves
Extra virgin olive oil
1 large onion, finely diced
1 large carrot, finely diced
1 large celery stalk, finely diced
1 clove of garlic, finely chopped
Flaky sea salt
1tsp fennel seeds, crushed
A small handful of thyme leaves
Freshly ground black pepper
1 x 400g tin of chopped tomatoes



HEARTY BEAT

RIBOLLITA
(SERVES 4)

½ a loaf of stale bread, crustless, torn into small chunks
1 whole cavolo nero, roughly shredded

METHOD:

1. Soak the beans overnight in a large bowl with a bay leaf and plenty of cold water. Next day, drain the beans, transfer to a large pan, and cover well with fresh cold water. Bring to the boil, then reduce to a simmer for 30 minutes, until soft. Remove scum as it comes to the surface. Retain two large cups of cooking water, drain the beans and set aside.

2. In a large, heavy-based saucepan, heat a good glug or two of olive oil and gently saute the onion, carrot,

celery and garlic until soft and glossy (15mins). Add a pinch or two of salt, crushed fennel seeds, thyme and a twist of black pepper.

3. Add the tomatoes, cooked beans, one cup of cooking water and a bay leaf, and stir over a medium heat for 30-45 minutes. Halfway through, submerge chunks of stale bread and add the cavolo nero. You may need the second cup of cooking water.

4. When done, your soup will improve vastly if you leave it overnight in the fridge and reheat it the next day (ribollito means 're-boiled').

5. Either way, remove the bay leaves and finish each bowl with a twist of pepper and a drizzle of olive oil.

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HEALTH & LIFESTYLE

You can burn 400-600 calories, depending on the intensity and length of the spin class



FORGET boxing or weights, anyone who's ever sweated their way through a spin class will know they're one of the most exhilarating and endorphin-pumping experiences you can have at the gym.

This challenging workout format, which originated in New York and first became popular in the Nineties, uses a stationery bike with various resistance levels to challenge the rider's speed and endurance – often accompanied by pumping music, flashing lights and an enthusiastic instructor setting the pace.

As well as building muscle and increasing cardio capacity, spin is a great way to shed fat; you can burn anywhere from 400-600 plus calories depending on the intensity and length of a class.

If you're new to the spin world, it can seem a little intimidating at first.

But you really don't have to be a pro-cyclist to give it a go and reap the benefits.

Here, Dan Little, head of fitness at boutique spinning studio Digme, shares his top tips for surviving – and nailing – your first spin class...

1 GET YOUR BIKE SET UP CORRECTLY

TURNING up to the spin class can feel like the first day of secondary school; you'll probably spot a couple of regulars who know exactly what they're doing, while you're scratching your head at the back.

It's worth arriving 10 minutes early so you can get your bike set up correctly, to make sure you're comfortable in the saddle and that you're not going to be pedalling towards injuries. If you're not sure, just ask the instructor to help.

Dan says: "Modern spin bikes are very easy to adjust, and the most important bit to get right is the height of the saddle. Stand next to the bike



It's usually fine to wear regular trainers, but many studios provide clip-in cleats

and feel on one side of your body for the top of your hip bone – the saddle should be about level with it.

"When you sit on the saddle, it should feel comfortable and your legs should have a slight bend in the knee at the bottom of the pedal stroke. If you have to lock out your knees, the seat is probably a bit too high."

Once the seat is in place, adjust the handlebars, ensuring they're not too close that your knees are rotating into them, and not so far away that you're over-reaching.

2 GET TO GRIPS WITH CYCLING SHOES

A LOT of spin studios provide clip-in cleats; shoes with protrusions on the sole that attach to the pedals (but check beforehand whether this is the case – it's usually totally fine to wear regular trainers).

These may seem scary if you haven't used them before, but they are very simple to use.

The trick is to slot in the front part of the cleat, then push down hard until you hear a pronounced click.

To un-clip, simply push your

heels out firmly to the side.

As you are on a static bike, there's also no danger of you getting stuck and falling off, as you might do on a road bike.

Dan says: "Being clipped in means you have a more efficient pedal stroke as you can pull up as well as push down. Your hamstrings and glutes therefore work harder than if you were cycling in trainers – trust me, this is a good thing!"

3 HYDRATE PROPERLY

DAN advises making sure you take a bottle of water to the class with you. Even with air-con and fans, a spin class gets very sweaty, so you'll definitely want to have a drink handy.

4 GIVE YOURSELF A BREAK

USE the instructor's guidance on gear range and speed as a rough idea of how you should be performing. If you can't keep up, don't get disheartened.

"Everyone is a beginner at some point, and there's no shame in not being able to match people in the room who are experienced riders," says Dan. "Instructors are trained to cater for different levels of fitness, but even if that's too much, you can ease off a bit. If you need a break, take one.

"The beauty of spinning is that you're in complete control of how hard you work."

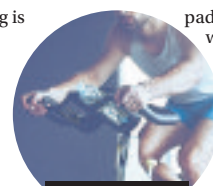
5 DON'T DEATH-GRIP THE HANDLEBARS

IT'S natural to feel like you need to hold on tightly when you're going hell for leather, but this could lead to injuries.

Keep your shoulders relaxed and focus on transferring power from your legs to the pedals to maximise your ride, advises Dan, and keep your grip loose so you can take the pressure off your wrists and elbows.

6 INVEST IN SOME PADDED SHORTS

SPECIALIST cycling shorts are not essential, but a little bit of light



Take a bottle of water with you to stay hydrated

padding on the bum area won't go amiss, especially if you're not used to sitting on a saddle.

You don't need to spend a fortune, but if you would prefer to wait until you have completed a session or two, you will be completely fine to take a class in a normal pair of leggings or shorts.

7 DON'T BLOW OUT IN THE FIRST 10 MINUTES

AS WITH any cardiovascular exercise, it's important to learn to pace yourself so you can endure a 45-minute class.

Dan says: "It's really important to ease into the session with a warm-up of about five minutes, which prepares you for the session ahead.

"Don't be tempted to go off like a rocket – you will probably regret it and it will make the experience a lot less enjoyable if you are hanging on for the last 20 minutes."

8 ENJOY IT!

SPIN classes are designed to be fun, so smile, enjoy the music, and get ready for the endorphin rush at the finish line.

The beauty of spinning is that you're in complete control of how hard you work

Dan Little head of fitness at Digme spinning studio

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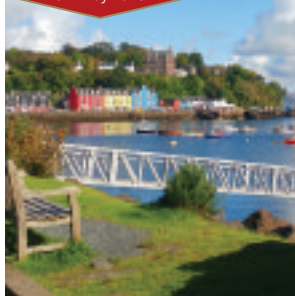
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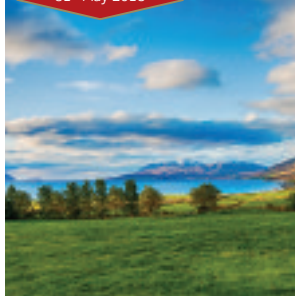
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BEAUTY COUNTER

Spotlight on products with staying power

Backstage pro Elizabeth Rita tells **KATIE WRIGHT** that these make-up heroes can withstand bright lights, sweat and tears

EVERYBODY wants their make-up to look perfect all day, right? But when you've got a live audience, a fleet of TV cameras and millions of viewers at home to factor in, making sure your face is flawless is even more important.

Elizabeth Rita should know. As Nivea's celebrity make-up artist on ITV's *The Voice*, she's responsible for making sure every contestant, male or female, looks their best when they hit the stage on Saturday nights.

"Because they're on stage, you want the performers to stand out, but also it's HD TV, so they literally have to be flawless – and that's our job," explains Rita, who says no two days are ever the same and that she relies on a 'proper old school' Filofax to juggle *The Voice* rehearsals and live shows, as well as editorial and awards show jobs, like the Brits and the Baftas. "We spend a lot of time perfecting," she continues. "You've got to remember that sometimes, singers can be a bit nervous and they get a little bit shiny, so we've got to make sure that everything is waterproof and nothing's going to smudge."

So if it's long-lasting make-up you're after, Rita has insider intel that's second to none.

Here, she reveals the products that will not budge, whether you're in the spotlight or not...

FOUNDATION

"SOME of my favourite foundations are from Charlotte Tilbury. It doesn't sit on the skin, it melts in – and that's key, because sometimes you see people and it's caked on, but on telly, you don't want that. You want it to be part of the skin and look natural."

"Bobbi Brown caters for all skin tones and I just love the finish."

"If you go to America, they've got loads of different foundation shades and we're catching up with that, which is good."

Charlotte Tilbury Magic Foundation, £30



Bobbi Brown Skin Long-Wear Weightless Foundation SPF 15, £31

EYELINER

"I LOVE Bobbi Brown black gel pot liner. With some eyeliners, when you put it on, it ends up on top of your eyelid. We definitely don't want that, and this is great, because it doesn't!"



Bobbi Brown Long-Wear Gel Eyeliner in Black Ink, £19.50

LASHES

"I LOVE Chelsea Beautique Lashes – their 3D ones are beautiful. I take my time when I put on lashes, because with HD, you've got to have it perfectly lined up – otherwise you can see everything."



Chelsea Beautique Erica 3D silk lashes, £16

MASCARA

"I REALLY like Dior Black Out waterproof mascara. I always use waterproof on telly – happy or sad tears, we don't want lots of mascara running down the face! I always put on the mascara first, then I put the lashes on – that really gets your lashes in the right place. If they want extra va va voom, then I put some more mascara on top."



Dior Diorshow Black Out Spectacular Volume Intense Mascara in Black Kohl, £25.50, Boots

EYESHADOW

"URBAN Decay primer is brilliant. It shows off the pigments you're using on the eye really well. Just tap it on with your finger

and let it dry, then there's no creasing. On telly, a lot of singers tend to close their eyes when they sing, so

that stops any creases. I love Blank Canvas eyeshadows. The palette I've got is autumnal colours – their eyeshadow highlighter is called Goddess, I'd really recommend that."

LIPSTICK

"NEARLY all the lipsticks I use, I tend to mix up, to make a specific colour for that performer. Sometimes I mix three different colours just to get it perfect."

"I quite like having slightly darker on the outside and blending into a slightly lighter colour. I always think that looks gorgeous, for example MAC Twig and Verve."

MAC Satin Lipstick in Verve, £17.50



Urban Decay Eyeshadow Primer Potion Original, £17.50



Blank Canvas Cosmetics Master Series Palette One, £30, BeautyBay



SETTING SPRAY

"A LOT of people have setting spray sitting on top, but I like to mix it into the foundation on the back of my hand. I tend to use a sponge and then I dab it on the face – I feel like I've got more control that way. I've got a few, but Make Up For Ever Mist & Fix is really great."



Make Up For Ever Mist & Fix setting spray, £19.90, Debenhams

MAKE-UP REMOVER

WHAT does Rita use when she needs to remove all those highly-pigmented products?

"I use Nivea Double Effect Make-Up remover a lot. Shake it up, pop it onto a cotton pad and you can literally wipe anything away – it's perfect for quick changes on *The Voice*."

"Sometimes we only have about five minutes to change something, but this is really good, because it takes it off straight away."



Nivea Daily Essentials Double Effect eye make-up remover, £3.59, Superdrug

TRIED & TESTED

ABI JACKSON GIVES LANCOME'S NEW FACE MASK A GO

WHAT'S IT LIKE TO USE?

LANCOME'S new **Advanced Genifique Hydrogel Melting Sheet Mask** (£16.50 each, lancome.co.uk) is a sheet mask, so applying it means pressing the mask in position on your face.

The gel bit comes sandwiched between two pieces of film.

I follow the instructions to remove the transparent film first, then press the mask onto my face before removing the white mesh.

I have to keep pressing down the corners for a minute or two to get it to stay in place, but once properly on, it stays put.

HOW DOES IT FEEL ON?

ACTUALLY quite lovely – slightly cooling, but in a very gentle refreshing way, and super soft.

You have three options for how long you leave the mask on for: 10 minutes for a speedy skin-pep before applying make-up, or 20 or 30 minutes for a more intensive treatment. I pop it on while in the tub for 20 minutes before bed.

When you are done, you peel off the mask and discard. By now, it will have 'melted' a little, and you'll be left with some gel residue on your skin (this is meant to happen).

As instructed, I massage this in before heading to bed. My face still feels a bit wet to the touch but the residue isn't at all sticky.

THE VERDICT

AS IT happens, I don't sleep too well, so get up annoyed that my broken slumber might have scuppered my chances of waking up looking super fresh-faced. But this isn't the case – in fact as soon as I look in the mirror, I let out a little, "Oooh!"

I'm not going to tell you I've lost a decade overnight, but my skin looks bright and healthy.

CELEB SECRET

THINK supermodels only use super-expensive products? Then think again...

Gigi Hadid (right) loves good old **St. Ives Fresh Skin Invigorating Apricot Facial Scrub** (£4.19 at Boots and Superdrug). She told *In Style* magazine: "The exfoliating grains get the blood circulating and leave my skin feeling clean and soft."



STYLE GUIDE

Simply Be oversized denim shirt £28, Luna shredded stud hem slim jeans £36, Fern boyfriend jeans £30, lace-up distressed denim jacket £55



Left: Bonprix high waist push-up jeans, £29.99

JEANS

MOVE over, mom jeans. The skinny is back (as if it ever really went away). The form-fitting cut accentuates your curves and some of the most flattering jeans on the high street this season are actually from plus-size brands.

Above: Simply Be shape and sculpt super high waist lace-up skinny jeans, £48



New Look contrast stitch denim jacket, 29.99, and contrast stitch denim skirt, £19.99

SKIRTS

THIS is where the Noughties come in – spring's coolest denim skirts are darkest indigo denim with contrast stitching. A high-waisted A-line mini makes a great weekend staple, or try the pencil skirt trend with a knee-length denim number.



Above: V by Very contrast stitch indigo denim skirt, £25



Left: V By Very Unique one shoulder tie front denim dress, £45

Right: Monsoon Joni denim dress, currently reduced to £20 from £59

DRESSES

LIKE the perfect pair of jeans, a great denim dress works for day or night. For day, a simple shirt dress is a handy transitional piece (wear it with Western boots now and suede sandals later), or you zhuzh up a statement denim dress with pointed-toe ankle boots.

Striped denim shirt dress £35, JD Williams, jdwilliams.co.uk



Get the lowdown on denim

From skirts to shoes, **KATIE WRIGHT** brings us up to date on spring's trends

DENIM never really goes out of style, but if Nineties Irish girl band B*Witched taught us anything, the way you wear it can.

It's important to stay bang up to date with the denim trends. For spring, that means much more than just jeans – and (whisper it) more than a hint of Nineties styling.

SHOES

WHAT'S the only thing better than double denim? That's right, triple denim. Throw the rule book out of the window and add a pair of jeanlettos (yes, we did just make that word up) to your denim duo for the ultimate head-to-toe homage.

Right: La Moda frayed detail strappy heels in light denim, currently reduced to £12.99 from £32.99

Left: Deichmann sequin detail strappy heel, £24.99



JACKETS

LAST summer was all about distressed, borrowed-from-your-boyfriend acid wash denim jackets, and while fashion still favours a vintage vibe, now it's about cropped styles – all the better for teaming with your high-waisted jeans.

Light blue collarless jacket £29.99, Zara

Topshop Moto hacked off cropped jacket, £42

V by Very pearl & stud detail jacket, £50, Very



BEAUTY BUZZ

THE LATEST PRODUCTS & GLAMOUR GOSSIP

MOUSSE BE LOVE

WE'RE all hiding our dry, scaly skin under tights right now, but when spring arrives we'll be glad of these **Dove Shower Mousses**, £3.99 each.

The hydrating formula leaves skin soft, super-smooth and beautifully scented, and doubles as shaving foam.



VICE AS NICE

IT'S not often a perfume comes along that we just cannot stop sniffing, but that is exactly what has happened with the two new limited edition **Miami Vice** scents from high-end perfumier **By Kilian**.

Spritz Love The Way You Taste and Love the Way You Feel and you will be picturing yourself on South Beach with a cocktail in hand with the hot Florida sun baking down above... even if you are stuck in a windowless office in Wigan. They are on counters now priced £185 and at bykilian.co.uk



GET THE LOOK

CORONATION STREET actress Kym Marsh looked electric in this clingy blue long-sleeved dress at the recent Pride Of The North East Awards. For a similarly true blue look try this **Dorothy Perkins scoop back bodycon dress** now reduced from £25 to £17.50 at Debenhams.



CRUSH OF THE WEEK

Let your top do the talking with United Colours Of Benetton's collection of bold slogan tops promoting gender equality and positive vibes, £17.95, Benetton.com

PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

English cricketers

A W S D A R N G A L S T E W A
N E T S S R E O K E C P N I R
D R R A U B N U O R I I E V T
G N I H T O A G O C A E T E K
W O L A M P I H A S T R C O T
D O L O C A H A L N E S Y M T
S A R T L U C O O G E B O A R
T U R B G R A M G F O Y A R K
W E O A D A H I A F R E M A S
F R D K C I H N S S S S P K H
L I N A S A E G R U E A R A P
T N D E I M M E A H R N K I H
O F F N N I S E S C O I C L T
T O N A A N S R U C T H L E U
T R T H T O J T S R A M L N F

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| M | K | H | J | E | A | K | T |
| E | A | A | G | R | W | | |
| R | T | A | A | R | P | I | A |
| X | C | I | E | P | T | | |
| R | H | K | I | N | G | T | E |

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | | | 9 | 2 | | 4 | | |
| 8 | | | 1 | 4 | | 9 | | |
| | 9 | 4 | | 3 | 6 | | | |
| | | 2 | 4 | | | | | 7 |
| | 5 | 7 | 1 | | 9 | 2 | | |
| 6 | | | 2 | 5 | 4 | | | |
| | | | 8 | | | 5 | 7 | |
| 9 | 7 | | 5 | 1 | | 6 | 3 | |
| | 4 | | 6 | | | | | 9 |

Hard

| | | | | | | | | |
|---|---|---|---|---|--|---|---|---|
| 2 | | | 1 | | | | | 8 |
| | 1 | | 8 | 6 | | 2 | | |
| | | | 9 | 3 | | | | |
| 4 | 2 | | | | | 5 | 6 | |
| | | | | | | | | |
| 8 | 9 | | | | | 1 | 4 | |
| | | | 4 | 2 | | | | |
| | 8 | 1 | | 5 | | 3 | | |
| 1 | | | 6 | | | | | 5 |

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

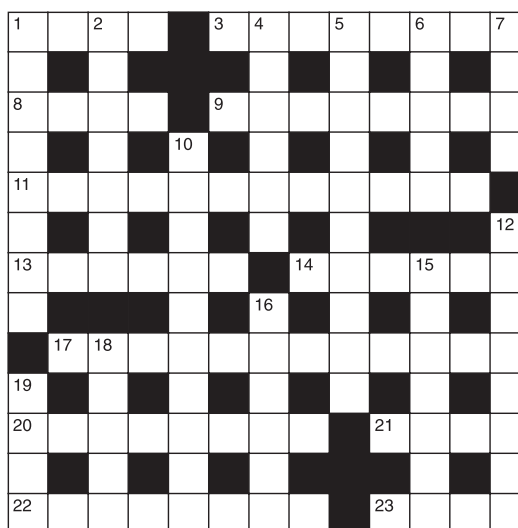
Cryptic

Across

- One means of producing inflation (4)
- 3 & 2Dn. Landlords who work in the theatre! (8,7)
- Spots the right tree (4)
- Not in favour of going to the photographer's after work (8)
- Charged too much (12)
- The usual thing sought by shopkeepers (6)
- Greater than ninety - that's insensitive (6)
- Valiant - but suffering from a fatty cardiac condition? (5-7)
- Broadcasting cables for quick means of communication (8)
- Not repeated in the concert (4)
- What the organ pedal produces is seen at the bottom of the page (8)
- March time of definite significance (4)

Down

- Of necessity, by means of coercion (8)
- See 3 Across
- About a harbour explosion (6)
- Traditional description of a saw! (10)
- Make higher wage increase in the States (5)
- Yes, oriental gurus advocate this philosophy, initially (4)
- For remission of sins, the sailor has the answer (10)
- Short of capital (8)
- Not keyed up (7)
- The Mad Hatter produces something ominous (6)
- The trunk is a different sort with ring attached (5)
- It comes from a local farm (4)



Scribble pad

Quick

Across

- Low-heeled shoe (4)
- Possessions (8)
- Impetuous (4)
- Resisting (8)
- Excessively laden (12)
- Habit (6)
- Blunt (6)
- Brave (5-7)
- Flight schedulers (8)
- One time (4)
- Additional comment (8)
- 15th March (4)

Down

- Unavoidably (8)
- Graduates (7)
- Account (6)
- Commonly referred to (10)
- Lift (5)
- System of philosophy (4)
- Remission of sin (10)
- Without a top (8)
- Not accurately pitched (7)
- Declaration of intention to harm (6)
- Trunk (5)
- Part of leg (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 18 | | 18 | | 15 | | | | 1 | | | 22 | | |
| 13 | 8 | 4 | 17 | | 4 | 3 | 11 | 7 | 17 | 10 | | | | T |
| | 8 | | 17 | 4 | 8 | | | 8 | | 17 | 9 | 19 | | O |
| | 19 | | 4 | | 23 | 18 | 9 | 13 | | 19 | | | 20 | |
| 16 | 7 | 4 | 25 | 13 | | 12 | | | | | | | 4 | |
| | 8 | | | 18 | 8 | 18 | 10 | 14 | 19 | 12 | 4 | 25 | | |
| | 25 | | | 24 | | 5 | | 18 | | | 3 | | | |
| 14 | 10 | 6 | 14 | 10 | 5 | 26 | 10 | 14 | | | 4 | | | |
| 4 | | | | | | 10 | | 10 | 3 | 11 | 17 | 2 | | |
| 22 | | 24 | | 1 | 18 | 21 | 10 | | 18 | | 18 | | | |
| 18 | 21 | 19 | | 18 | | | 8 | 18 | 23 | | 17 | | | |
| 24 | | 6 | 14 | 4 | 23 | 4 | 21 | | 4 | 21 | 19 | 24 | | |
| | | 17 | | 24 | | | 5 | | 25 | | 14 | | | |

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:
10 words - average; 15 words - good; 20 words - very good; 25 or more - excellent.

| | | |
|---|---|---|
| O | I | B |
| S | U | G |
| E | R | O |

Quiz

- The recent Craig David single I Know You featured which British indie band?
- Who was the famous heroine who helped her lighthouse keeper father to rescue stranded survivors of the Forfarshire in 1838?
- Which Labour MP played Elizabeth I in a 1971 television series?
- Which British film director made the films Oliver! and The Third Man?
- In what year was the state of Israel established?



Q1 - Craig David

- Which industrial town in Kent is linked to Purfleet in Essex by a tunnel and road bridge?
- Who painted the Mona Lisa?
- Across which stream did Julius Caesar lead his army to precipitate civil war with Pompey?
- Which ship carried the Pilgrim Fathers to America?
- With which car manufacturer did Charles Stewart Rolls go into partnership?

LAST WEEK'S SOLUTIONS

Pathfinder

Oliver Cromwell, Horatio Nelson, William Wallace, Attila the Hun, Joan of Arc, Francis Drake, Napoleon Bonaparte, Duke of Wellington, Robert the Bruce, Boudica, Hannibal, Alexander the Great, Julius Caesar, Charlemagne, Richard the Lionheart, Genghis Khan, Geronimo, Fidel Castro.

Quiz

- The Crown; 2. Geneva; 3. An antelope; 4. Greta Garbo; 5. Turbine; 6. Cain; 7. Boston Tea Party; 8. Avalanche; 9. Elba; 10. Anthony Eden.

Two-Speed Crossword

Across: 1. Somnambulist; 7. Antic; 8. Snail; 9. Due; 10. Called for; 11. Chaise; 12. Loathe; 15. Sole agent; 17. Was; 18. Outre; 19. Incur; 21. Prussian blue. **Down:** 1. Snap decision; 2. Art; 3. Becalm; 4. Lashes out; 5. Staff; 6. Blarney Stone; 7. Arena; 10. Castanets; 13. Tower; 14. Gemini; 16. Later; 20. Con.

Wordsquare

ASSUREDLY

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 4 | 7 | 2 | 9 | 3 | 8 | 5 |
| 2 | 3 | 9 | 8 | 4 | 5 | 1 | 7 | 6 |
| 7 | 8 | 5 | 1 | 6 | 3 | 9 | 4 | 2 |
| 3 | 9 | 7 | 2 | 5 | 6 | 8 | 1 | 4 |
| 8 | 4 | 2 | 9 | 1 | 7 | 6 | 5 | 3 |
| 6 | 5 | 1 | 3 | 8 | 4 | 2 | 9 | 7 |
| 9 | 2 | 6 | 5 | 7 | 8 | 4 | 3 | 1 |
| 5 | 1 | 3 | 4 | 9 | 2 | 7 | 6 | 8 |
| 4 | 7 | 8 | 6 | 3 | 1 | 5 | 2 | 9 |

Codeword

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Z | K | C | V | P | D | T | L | G | N | Y | F | E |
| U | I | O | R | B | H | J | W | X | M | A | Q | S |

Split Decision

| | | | | |
|---|---|---|---|---|
| E | X | I | T | S |
| D | | D | | U |
| G | R | E | E | N |
| E | | A | | N |
| S | I | L | K | Y |

THURSDAY, APRIL 5, 2018

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PROPERTY &LIVING



CELEBRITY HOMES

Country cottage
where a prince
had a ghostly
encounter

PAGES 42&43

START WITH A BLANK CANVAS

The two-bedroom home has new floorings, a new kitchen and a new bathroom – and more importantly it has no onward chain. In fact estate agents Park Lane describe it as 'like brand new'. PAGES 2&3

HOT HOUSE



‘BRAND NEW’ HOUSE IS IDEAL FOR FIRST TIMERS



First-time buyers looking to get a foot on the property ladder could be well recommended to view this recently-modernised terraced house. The two-bedroom home has new floorings, a new kitchen and a new bathroom – and more importantly it has no onward chain. In fact estate agents Park Lane describe it as ‘like brand new’.

Downstairs is a light and bright hall with stairs leading to the first-floor landing. There is space under the stairs for a number of appliances.

The living room runs the full length of the property with a window to the front and doors to the rear garden. Like the entrance hall it is carpeted.

The newly-fitted modern kitchen features an inset hob and built-in oven. There is also part tiled walls and wood-effect flooring.

Both bedrooms upstairs are spacious and light doubles. The new adjoining bathroom features a panel-enclosed bath with shower attachment, toilet, hand wash basin and heated towel rail.

The rear garden is an excellent size – containing a patio area and a path leading up a brick-built storage shed. It is private, mainly laid to lawn and sits in a sunny aspect. The front garden is low maintenance. There is a step up to the front door and a storm porch over it.

The property, in Fullers Mead, Harlow, is on the market for £295,000. To arrange a viewing or to request more details contact Park Lane Property Agents in Bridge Street, Bishop’s Stortford, by calling 01279 949127 or visit <http://www.parklanepropertyagents.co.uk/>



SELLING POINTS

Address... Fullers Mead, Harlow

USP... Like brand new, modernised two double bedroom light & bright family home, dual aspect living room of great proportion, new fitted kitchen, new bathroom suite, large sunny aspect rear garden, no upward chain

Price... £295,000

Agent... Park Lane Property
on 012799 659619



YOUR HOME

Sitting pretty

Lynne Marcus Garden & Landscape Design

GO FOR STURDY STONE

If you protect wooden furniture over the winter, it should stand up to harsh conditions, but, for something more low-maintenance, consider stone instead. This bench, for example, is sturdy and durable enough to stand up to snow and frost. The owners have positioned it in a sheltered area at the side of a path surrounded by plants and hedges.

Of course, we're not all lucky enough to have a large garden like this one, but this idea can easily be adapted for a small garden. Place your bench somewhere sheltered or sunny, and try to plant some early spring bulbs nearby.

When you're placing a seat away from the patio, it's a good idea to create a surface for it to sit on. This one has gravel beneath it, which is pretty affordable and easy enough to lay yourself. Dig the soil or grass out to form an even surface, firm, put down a waterproof membrane, add a layer of hardcore, then sprinkle your gravel on top.

ADD A FOCAL POINT

Don't assume your seating options are limited in a small garden. In fact, by breaking up the space into different zones, you'll add interest and even trick the eye into thinking it's a larger space than it is.

The bench here provides a focal point and gives the owners an opportunity to sit among the plants and enjoy another view. While the patio might provide welcome shade in the summer, it's also good to have a spot in full sun to soak up some vitamin D during the colder months.

Check out these ideas for a spot outdoors where you can rest a while and watch the garden waking up, says **AMANDA POLLARD**

It's tempting to get out in the garden at this time of year, but, let's face it, the cold weather can really put you off.

What's needed is a little seat in a sheltered, sunny spot where you can sit for a few minutes with a warm drink to glimpse those first spring shoots or listen to the birds tweeting.

Take a look at these outdoor spaces for inspiration on how you could incorporate a seat in your own garden.

■ **AMANDA** Pollard is a freelance writer for Houzz. Visit Houzz.co.uk for more design inspiration and home-improvement advice.

houzz

COVER UP

For extra shelter over a garden bench, consider investing in an arbour like this one. It's the perfect compromise between sun and shelter: the open design allows enough sunlight to filter through, but the roof provides cover during a shower. The arbour in this outdoor space is perfectly positioned on a wooden base alongside the gravel pathway. Pic: Jenny Ballantyne Interiors

Jenny Bloom Garden Design

Kate Eyre Garden Design

**BLEND IN WITH THE FLOWERS**

In a small garden, you could give over some of your planting area to provide a seating spot, like the built-in bench in this space. The curved borders have inspired the shape of the bench, which continues around to form a seat in the sun. The simple, understated materials and soft patterned cushions help the bench to blend in with the plants.

EMBRACE YOUR SMALL SPACE

When it's cold outside, small gardens can really come into their own – a tiny, enclosed space can feel cosy enough for you to sit out comfortably. Make the most of a small terrace by creating an outside living room like this one, and surround your seating with containers full of spring bulbs. The key is to place the furniture close enough together to make the space feel intimate and snug.



FRENCH+TYE

BRING OUT SOME BLANKETS

When you're creating an early spring lounging area in your garden, remember to have some cushions and blankets handy. Soft fabrics will make the space feel cosier and blankets are useful to throw over your shoulders for extra warmth. Here, the seating zone is full of soft furnishings and surrounded by tall plants to provide some shelter.



Georgia Lindsay Garden Design

**KEEP IT SIMPLE**

Your seating area doesn't have to be elaborate – a simple perch could be enough to provide a spot for a quick cuppa. Pop in a few small surfaces around the garden rather than taking up space with a large bench or arbour. Here, the storage bench tucked beside the fence is the ideal place to take in a few of the first sunbeams of spring.

L&E (Lofts and Extensions)

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PROPERTY TALK

With Nigel Lewis

Cressy House in Stepney Green



VERA'S VICTORIAN ABODE

Director Mike Leigh's 2004 film *Vera Drake* was nominated for three Academy Awards for its portrayal of a woman sent to prison after illegally performing abortions in 1950s Britain.

The movie, which won critical praise and turned a profit despite its harrowing storyline, was filmed all over London at locations that reflected its grey post-war backdrop.

This included an apartment within Cressy House, an austere red-brick Victorian-era mansion block near Stepney Green tube station in E1, which was used to portray the home of Vera, played by Imelda Staunton.

During the 1950s Stepney was a working class area that accommodated mainly



Mike Leigh and Imelda Staunton

The kitchen



immigrant families and had been heavily bombed during the Blitz, and subsequently peppered with high-rise towers.

More recently the area's character has been changing as young professionals, unable to afford hipster hotspots, have moved in to buy Stepney Green's more affordable properties.

"The demographic has changed vastly as we are seeing more and more City workers buying in this area, whereas prior to around 2012/13 Stepney Green was mostly of interest to buy-to-let investors," says Tony Varghese of Ludlow Thompson.

A two-bedroom apartment within the Vera Drake building is currently for sale at £400,000 which, shockingly, many Londoners would consider affordable.

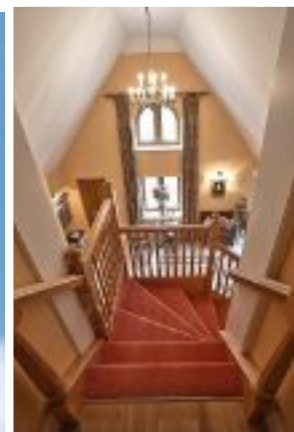
Cressy House is a destination address after it became a hub for media types, film makers and artists.

More details from Ludlow Thompson on 020 7480 0170.

The living room



PRINCE'S SWEET RETREAT



Dunnose Magna, below, and the interior, above and right

There was a time when chocolate boxes were decorated with pictures of cute

country cottages, and this one on the Isle of Wight should have been included.

The Grade-II listed coastal cottage has the thatched good looks many chocolate manufacturers love, including pretty gables, stone walls and an idyllic garden.

But Dunnose Magna is well known for a different reason.

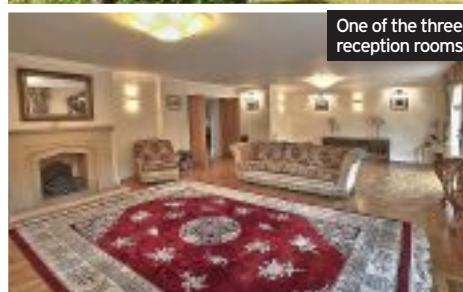
The property has been run as a guest house and tea rooms for many years and, because of the extraordinarily beautiful views of the sea and local countryside it offers guests, has attracted a long list of celebrities and royalty.

This includes Prince Edward, Earl of Wessex, as well as snooker player Steve Davis, singer Cliff Richard and entertainer Des O'Connor.

The B&B is named after



One of the three reception rooms



the nearby cape of Dunnose which was the scene of a famously tragic naval disaster in 1878 when HMS Eurydice sank just off

the cape and all but two of its 319 crew were lost.

It is claimed that Prince Edward saw the 'ghost' of the ship while filming a TV

series in the area called *Crown & Country*, during which he used Dunnose Magna as a base.

The property, which overlooks Luccombe Bay, is in a secluded spot and has six bedrooms, three reception rooms, two kitchens, a modern conservatory and two acres

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of landscaped grounds. It was renovated by the previous owners and a new wooden staircase added along with replacement wooden floors, windows and a new galleried landing. It's for sale with Biles & Co (01983 872335) for £825,000.



Prince Edward

Playwright, screenwriter and actor Alan Bennett turned the story of his friendship with a woman who lived in a van on the forecourt of his house for 15 years into a magazine article, then a play and later a film.

The Lady in the Van tells the story of Bennett's attempts to get on with his unusual guest, although in real life Miss Fairchild, as she was known.

The 2015 film, which starred Dame Maggie Smith and Alex Jennings, was a huge success critically and commercially.

Much of the movie was filmed on the street and at the house where Bennett and the real lady in the van



Alan Bennett

THERE'S PLENTY OF SPACE TO PARK YOUR VAN

lived during the Sixties and Seventies, although he had moved out several years before filming started.

In November last year Bennett put the property on the market for £3m, complete with interiors which hadn't changed much since the 1970s.

Bennett found a buyer but the deal fell through and it's now back

on the market for £400,000 less at £2.6m.

As well as period interiors, the house has a two-reception room ground floor plus a dining room and kitchen on the ground level and three bedrooms on the upper floors.

The property features off-street parking - something the lady in the van appreciated - and a side patio. It's for sale via agent David Birkett (020 7722 3094).

The 'Lady in the Van' house

LANCE BACK-PEDALS ON HIS PRICE

Seven-time Tour de France winner Lance Armstrong was once hailed as the world's greatest cyclist. But all that changed when evidence emerged proving that the American athlete had taken performance-enhancing drugs.

Armstrong was stripped of his titles and, in 2013 during a dramatic Oprah Winfrey interview, admitted to having taken banned substances.

He is now looking for a fresh start which appears to include



Lance Armstrong

moving out of his six-bedroom mansion in Austin, Texas.

The Mediterranean-style home, where Armstrong lives with his wife and five children, was built in 1924 and offers 8,158 sq ft of living space.

A grand, sweeping staircase leads to the lavish master bedroom which features his and hers bathrooms and a dedicated sitting area.

There are five further bedrooms, each with their own bathroom, as well as a large sitting room, kitchen and study area.

Armstrong, who now runs a cycling shop in Austin, originally listed the property for \$8.25m in 2016.

It has now returned to the market and is for sale at \$7.5m via Gottsman Residential Real Estate (00 1 512 451 2422).

The Texas mansion

DESIGN GURU'S PAD UP FOR SALE

You might think wealthy design fans would be queuing up to buy this house.

It's being sold by the man credited with giving Apple products their iconic design style.

Welsh-born Ross Lovegrove was a senior creative at US firm Frog Design during the 1990s, a company that Apple boss Steve Jobs hired to give his tech the sleek look billions of people are now familiar with across the globe.

But despite the property's design heritage as a home to one of the



The Powis Mews home in Notting Hill

world's creative geniuses who also thought up the iconic Sony Walkman portable cassette player, offers have so far been thin on the ground.

His home in Powis Mews in Notting Hill, London, was originally put up for sale in 2015 at £12m but its price has now been dropped by a jaw dropping £2.5m to stir up some interest.

The property, which has been the design HQ of Lovegrove for many years and is where he worked on his Apple and Walkman designs, has three bedrooms and is filled with light and features a dramatic spiral staircase connecting the floors.

Also, the house's interior is the work of his architect wife, Miska Miller.

The modernist property, which replaced an older mews house used as a workshop by painter David Hockney, also has two open-plan living areas, ground floor and basement work spaces, a private roof garden and a garage.

It's for sale through agent The Modern House (020 3795 5920).



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HOME STYLE

YOUR TRUE COLOURS

Sophie Robinson wants to help you get out of that neutrals rut. **GABRIELLE FAGAN** catches up with the interiors designer to discover some style secrets

Are you stuck in a colour rut – because you're not brave enough to plunge into the dazzling array of new shades that could transform your home?

Maybe you need some colour psychology in your life. Devised by psychologist Angela Wright, the method, which uses seasonal colour palettes found in nature, aims to help identify the colour preferences and styles of each personality group.

"This is a real game-changer if you've ever faced painful procrastination over a paint colour, or agonised over an investment buy," says interior designer Sophie Robinson (sophierobinson.co.uk).

"Colour is fashionable currently, with two strong trends – one for jewel, rich shades like teal, forest green and orange, or so-called gelato shades, like mint, lilac and pink.

"Sadly, so many people get

overwhelmed by the choices, that they often just chicken out of colour altogether and stick to neutrals like grey or white," she adds. "What I really love is that this concept is actually very instinctive. It gets us out of our heads and back in touch with our gut, so we can make more emotional and bolder design choices, which I'm all for!"

WHERE TO START

"Decide which season's colour palette – spring, summer, autumn or winter – most appeals to you. You may like another palette as well, which is quite common. I'm a spring personality in the main, but I also like the strong shades of the autumn look. In terms of design, you can mix any two together successfully," says Sophie. "Once you've identified which season you are, or the season you want your room to feel like, the choices you make in terms of colour palette, fabrics, accessories and furniture flows much more easily."

■ If spring is your colour personality...

Light and bright sum up the spring palette, and for this colour personality type, Sophie says: "You're the sort of person who's energetic, full of life, young at heart and optimistic with a positive outlook. You love anything cute."

"You favour warm and clear colours, so they have a lightness to them. You'll embrace new design, so styling will feel modern yet welcoming, and as a feature, you like busy prints bursting with pattern and energy," Sophie adds. "Clean lines, pale wood or painted furniture appeal, as does a little sparkle from glass and glossy surfaces, complemented by smooth, shiny textures."



Left, summer decor style Olivia stoneware dinner collection, from £8



Elmley rattan pendant £90



Elzora salt glazed jug, 1.6L, £25

■ If summer is your colour personality... "If you're graceful, elegant and reserved in character, then you belong to the summer colour tribe," says Sophie. "You have a love of nature and your overall look is understated, never showy, with muted, subtle colours and painterly, flowing patterns."

"You can interpret it in a soft, romantic, floaty way – but with a touch of formality and symmetrical arrangements and structure. Attracted by tradition, you'll often look to the past for inspiration for your look, and favour aged patinas and distressed finishes."



Hands pink (45x45cm) cushion £25



Eye (170x240cm) rug £350

Colourplay print by Garima Dhawan £55

Sophie Robinson enjoys her favourite decor style – spring. Cato large white desk with wooden legs £250; Vento orange acrylic mirror £50; Talia white spindle back chair £95; Bobby fluorescent orange metal desk lamp £25; Eye (170x240cm) rug £350; Jessie white wide leaning bookcase £110; copper vases £30 and £20; Eyes blue and pink ceramic vase £25; Garner, set of 2, grey/yellow storage boxes £20. All items on this page available from Habitat, habitat.co.uk



■ If autumn is your colour personality...

"Autumn types are organic, robust and abundant," declares Sophie. "They're passionate people with a strong connection to nature, attracted to rich colours and furniture, with a substantial or textured feel."

"They want their spaces to feel welcoming, cosy and relaxed, so you'll see lots of collections of sentimental importance, and their love of art and education means they'll also have a library of books on display. Authenticity is an important element for them, and they like a rustic style, and anything celebrating craftsmanship and heritage," she adds.



Ramsden ceramic bottle vases, from £45



Calvo metal bookcase £895; Judson clear glass decanter with cork £30; Adoni white and black vase £20; Buttons pink vase £15; Kynoch black patterned bottle vase £45; Newstead black and gold candelabra £25; Grid yellow and white vase £45, all from Habitat as before

■ If winter is your colour personality...

"You love drama and strong design statements," says Sophie. "You need your home to be a reflection of your self-assurance and are likely to choose pioneering or iconic designs. Your colour palette's sharp, cool and bright, and you enhance the effect with striking patterns, like geometrics."

"In terms of style, there's a coolness and attention to detail throughout, and you're drawn to the latest tech or luxury furnishings. This look can be interpreted in a minimalist way or with a dramatic maximalist scheme."

Nora tufted cushion £75



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COALPORT CLOSE, CHURCH LANGLEY £411,500

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE
- TWO RECEPTION ROOMS
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



ELM COURT, HARLOW £219,950

- TWO BEDROOM APARTMENT
- SECOND FLOOR
- SECURE INTERCOM ENTRY
- EN-SUITE
- GAS HEATING
- D/GLAZED WINDOWS
- PRIVATE PARKING
- INTERNAL PHOTOS ONLINE



GREEN HILLS, HARLOW £285,000

- THREE BED END TERRACE
- SOUTH FACING GARDEN
- CLOSE TO TOWN CENTRE
- CLOAKROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



SEYMOURS, HARLOW £155,000

- ONE BEDROOM FLAT
- FIRST FLOOR
- PRIVATE ENTRANCE
- OUTSKIRTS OF HARLOW
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



GREAT PLUMTREE, HARLOW £250,000

- TWO BED TERRACE HOUSE
- DOUBLE BEDROOMS
- MODERN KITCHEN
- CLOSE TO TRAIN STATION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



HORNBEAMS, HARLOW £125,000

- STUDIO APARTMENT
- WEST FACING BALCONY
- CURRENTLY LET FOR £580
- CLOSE TO TRAIN STATION
- IDEAL INVESTMENT
- VIEWING RECOMMENDED
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



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OLD HARLOW,
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SAWBRIDGEWORTH,
EPC BAND E, £850 PCM*



SHEERING,
EPC BAND E, £700,000



NEWHALL,
EPC BAND B, £340,000



SAWBRIDGEWORTH,
EPC BAND C, £525,000



HARLOW,
EPC BAND B, £255,000



SPELLBROOK,
EPC BAND D, £1,850 PCM*



OLD HARLOW,
EPC BAND C, £1,000 PCM*

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SAWBRIDGEWORTH, EPC BAND D, GUIDE PRICE £540,000



NEWHALL, EPC BAND B, £485,000



MATCHING TYE NR OLD HARLOW, AWAITING EPC RATING, £2,500 PCM*



SAWBRIDGEWORTH, EPC BAND D, £1500 PCM*

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SAWBRIDGEWORTH
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...A Selection Of Homes From Our Sales Portfolio...



The Drive, Harlow **£450,000**

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- 10 Year New Build Warranty
- Semi Detached Family Home
- Underfloor Heating Throughout
- South Facing Garden
- EPC Rating: TBC



Silvesters, Harlow **£270,000**

- Two Double Bedrooms
- Lounge/Diner
- Backs Onto Allotments
- Garage En Bloc
- Terraced House
- Low Maintenance Garden
- Outskirts Of Town
- EPC Rating: C



Clifton Hatch, Harlow **£250,000**

- Two Bedrooms
- Two Private Gardens
- Open Plan Living
- NHBC Warranty
- Ground Floor Apartment
- Allocated Parking
- Telephone Entry System
- EPC Rating: B



WESTBURY RISE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

£585,000



THURSTANS, HARLOW

- Four/Three Bedrooms
- Three Receptions
- Premium Location
- Detached Double Garage
- Detached Home
- Stunning Orangery
- Large Garden Plot
- EPC Rating: D

£575,000



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Garage & Drive
- Detached Home
- En-Suite Shower
- Cul-De-Sac Location
- EPC Rating: TBC

£415,000



SPARROWHAWK WAY, NEWHALL

- Two Double Bedrooms
- Well Presented
- Overlooking New School
- NHBC Warranty
- Link Detached
- Kitchen/Diner
- Driveway
- EPC Rating: B

£339,995



LODGE HALL, HARLOW

- Three Bedrooms
- Garage & Driveway
- Cul-De-Sac Location
- Immaculate Throughout
- Semi Detached House
- Modern Kitchen/Diner
- Ensuite Shower Room
- EPC Rating: TBC

£335,000



CLIFTON HATCH, HARLOW

- Two Double Bedrooms
- Allocated Parking
- Lounge/Diner
- NHBC Warranty Remaining
- Middle Terrace
- Modern Throughout
- Popular Location
- EPC Rating: TBC

£300,000



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croutace Build
- Southerly Gardens
- EPC Rating: C

£294,995



ABBEYDALE CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Modern Kitchen
- Lounge/Diner
- Allocated Parking
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£284,995



ASH TREE FIELD, HARLOW

- Two Bedrooms
- Lounge/Diner
- Popular Location
- Chain Free
- Middle Terrace
- Close To Town Centre
- Southerly Garden
- EPC Rating: TBC

£245,000



COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: TBC

£225,000



CHELSEA GARDENS, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Balcony
- Well Presented
- Ground Floor Apartment
- Lounge/Diner
- Popular Location
- EPC Rating: TBC

£225,000

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...A Selection Of Homes From Our Sales Portfolio...



NEW

The Drive, Harlow

£450,000

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- 10 Year New Build Warranty
- Semi Detached Family Home
- Underfloor Heating Throughout
- South Facing Garden
- EPC Rating: TBC



NEW

Morley Grove, Harlow

£199,995

- Two Bedrooms
- Kitchen/Diner
- Well Presented
- Central Location
- Apartment
- Ground Floor
- Residents Parking
- EPC Rating: TBC



NEW

Ladyshot, Harlow

£159,995

- One Bedroom
- Lounge/Diner
- Own Balcony
- Chain Free
- Apartment
- Second Floor
- Outside Storage
- EPC Rating: D



PARK AVENUE, HARLOW

- Four Bedrooms
- Three receptions
- Large Gardens
- Garage & Driveway
- Semi Detached
- Extended Property
- Rarely Available
- EPC Rating: TBC

£499,995



UPPER PARK, HARLOW

- Four/Five Bedrooms
- Two Receptions
- Extended
- Garage & Driveway
- Semi Detached
- Immaculate Home
- Desirable Location
- EPC Rating: TBC

£484,995



PADDOCK MEAD, HARLOW

- Four Bedrooms
- Immaculate Throughout
- Large Driveway
- Open Plan Kitchen
- End Terrace House
- Utility Room
- Ground Floor Shower Room
- EPC Rating: TBC

£419,995



ALBERT GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

£332,500



PRIORY COURT, HARLOW

- Four Bedrooms
- Recently Redecorated
- Driveway
- Overlooking Lattin Common
- Town House
- Ensuite To Master
- Private Close
- EPC Rating: TBC

£330,000



PURFORD GREEN, HARLOW

- Three Double Bedrooms
- Driveway For Two Cars
- Well Presented
- Kitchen/Diner
- Middle Terrace
- Popular Location
- Utility Room
- EPC Rating: TBC

£315,000



RADBURN CLOSE, HARLOW

- Three Bedrooms
- Popular Location
- Two Receptions
- Chain Free
- Middle Terrace
- Southerly Garden
- Potential Driveway
- EPC Rating: TBC

£275,000



SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£274,995



LONG LEY, HARLOW

- Two Double Bedrooms
- Potential Driveway
- Southerly Garden
- Chain Free
- Middle Terrace
- Popular Location
- Ideal First Purchase
- EPC Rating: TBC

£249,995



VICTORIA GATE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Modern Kitchen
- Parking
- Apartment
- Ground Floor
- Popular Location
- EPC Rating: C

£219,995



MOORFIELD, HARLOW

- Two Bedrooms
- First Floor
- Balcony
- CHAIN FREE
- Apartment
- Lounge/Diner
- Fitted Kitchen
- EPC Rating: TBC

£174,995



HIGH ELMS, HARLOW

- One Bedroom
- Allocated Parking
- Open Plan
- Chain Free
- First Floor Apartment
- Well Presented
- Popular Location
- EPC Rating: TBC

£170,000

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SOLD STC

MORE NEEDED

Challinor, Church Langley £384,995

- Three Bedrooms
- Two Receptions
- Private Rear Garden
- Garage & Drive
- Detached House
- Immaculate Home
- En-Suite & W.C
- EPC Rating: D



SOLD STC

MORE NEEDED

The Fortunes, Harlow £319,995

- Four Bedrooms
- Kitchen/Diner
- Utility Room
- Chain Free
- Terraced House
- Large Corner Garden
- Popular Location
- EPC Rating: D



SOLD STC

MORE NEEDED

Great Auger Street, Newhall £299,995

- Three Bedrooms
- Open Plan Living
- Three Bathrooms
- Balcony & Sun Room
- Duplex Apartment
- Allocated Parking
- CHAIN FREE
- EPC Rating: C



SOLD STC

MORE NEEDED

Church Leys, Harlow £269,995

- Three Bedrooms
- Lounge/Diner
- Garden Room
- Chain Free
- End Of Terrace
- Close To Amenities
- Popular Location
- EPC Rating: TBC

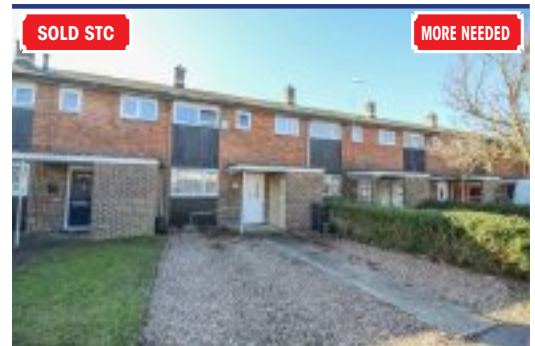


SOLD STC

MORE NEEDED

Wellesley, Harlow £250,000

- Two Bedrooms
- Allocated Parking
- Popular Location
- Chain Free
- End Terrace
- Conservatory
- Ideal Investment
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Rushes Mead, Harlow £249,995

- Two Bedrooms
- Lounge/Diner
- Modern Kitchen
- Off Street Parking
- Terraced House
- Westerly Garden
- Close To Amenities
- EPC Rating: C



SOLD STC

MORE NEEDED

Upper Mealines, Harlow £140,000

- One Bedroom
- Lounge/Diner
- Popular Area
- Chain Free
- First Floor
- Apartment
- Ideal Investment
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Hornbeams, Harlow £119,995

- Studio Flat
- Own Balcony
- Close To Train Station
- Chain Free
- Top Floor
- Ideal Investment Or First Time Buy
- Popular Location
- EPC Rating: C



SOLD STC

MORE NEEDED

Church End, Harlow £119,995

- Studio
- First Floor
- Fitted Kitchen
- Chain Free
- Apartment
- Popular Location
- Large Store Room
- EPC Rating: D

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...A Selection Of Properties From Our Lettings Portfolio...



East Park, Old Harlow **£1,250 P.C.M**

- Three Bedrooms
- Lounge/Diner
- Available Now
- Pretty Gardens
- Terraced Home
- Popular Location
- Unfurnished
- EPC Rating: E



Ram Gorse, Harlow **£1,200 P.C.M**

- Three Bedrooms
- Lounge/Diner
- Close To Town
- Unfurnished
- Middle Terrace
- Sorry No DSS
- Available Early May
- EPC Rating: D



Tithelands, Harlow **£1,150 P.C.M**

- Three Bedrooms
- Large Lounge
- Dining Room
- Garage To Front
- Off Road Parking
- Available End April
- Unfurnished
- EPC Rating: C



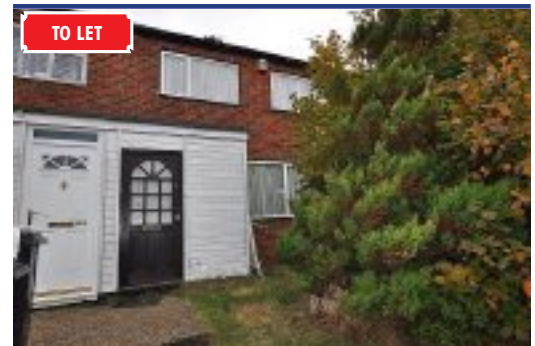
Blacksmith Way, High Wych **£1,000 P.C.M**

- Two Bedroom
- Lounge/Diner
- Part Or Unfurnished
- Own Parking
- End Of Terrace
- No Pets, No DSS
- Available Mid March
- EPC Rating: C



Chamberlain Close, Church Langley **£950 P.C.M**

- Two Bedrooms
- Lounge/Diner
- Available May 2018
- Allocated Parking
- First Floor Maisonette
- Popular Location
- Unfurnished
- EPC Rating: TBC



Woodcroft, Harlow **£950 P.C.M**

- Two Bedrooms
- Lounge/Diner
- Westerly Garden
- Available Now
- Middle Terrace
- Unfurnished
- Close To Amenities
- EPC Rating: D



The Hand & Crown, High Wych **£800 P.C.M**

- One Bedroom
- Available Now
- Allocated Parking
- Period Features
- First Floor Apartment
- Part Or Unfurnished
- Popular Location
- EPC Rating: TBC



Church End, Harlow **£775 P.C.M**

- One Bedroom
- Lounge/Diner
- Ground Floor
- Unfurnished
- Apartment
- Available in February
- Own Garden
- EPC Rating: D



Rivermill, Harlow **£750 P.C.M**

- One Bedroom
- Unfurnished
- Lounge/Diner
- Apartment
- First Floor
- Close To Amenities
- Available Mid April 18
- EPC Rating: C

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Guardian are pleased to offer this good sized studio flat in Staple Tye. The property benefits from large living space, fitted kitchen and electric shower. EPC - E. Available early April.

£635 PCM

Five Acres



Guardian are delighted to offer this very large one bedroom flat in Staple Tye area. Huge lounge, gas heating and private balcony terrace. EPC - C. Available mid April.

£700 PCM

Brockles Mead



Guardian are delighted to offer this one bedroom top floor flat in The Hides. This property benefits from gas heating as well as being a short walk from the town center and other local amenities. EPC - E. Available early June.

£700 PCM

The Hides



Guardian are delighted to offer this one bedroom first floor flat in Longfield, Harlow. The property comprises bedroom, fitted kitchen, modern bathroom and lounge. Additionally benefiting from an electric shower, gas heating, ample living space throughout as well as being a short distance from local shops and amenities. EPC - C. Available mid May.

£720 PCM

Longfield



Guardian are delighted to offer this one bedroom first floor flat in the private, conservation area of Markwell Wood. This property benefits from allocated parking and secure telephone entry system. EPC - D. Available late May.

£725 PCM

Markwell Wood



Guardian are pleased to offer this one bedroom flat in popular area of Dads Wood. Walking distance to Harlow town and PAH hospital. Early viewing is advised. EPC - C. Available mid April.

£730 PCM

Dads Wood



Guardian are pleased to offer this one bedroom flat in the popular area of Sawbridgeworth. Walking distance to the high street and local shops. An early viewing is advised. EPC - E. Available Now.

£740 PCM

Copper Court



Guardian are pleased to offer this affordable two bedroom first floor flat in Great Parndon. Part furnished with oven and fridge freezer only. EPC - C. Available mid April.

£825 PCM

Holly Field



Guardian are delighted to offer this two bedroom second floor apartment in Tany's Dell, a popular area near to the Stow. The property benefits from central heating via radiators and a balcony. EPC - D. Available early June.

£840 PCM

Tany's Dell



Guardian Residential Lettings are delighted to present this two bedroom top floor flat with communal garden area in Hare Street Springs. The property comes unfurnished with just an oven and is heated via electric storage heaters. Central Town Location. EPC - D. Available early June.

£850 PCM

Hare Street Springs



Guardian are delighted to offer this spacious two bedroom first floor flat that is ideally located close to Harlow town centre, additionally benefiting from two allocated parking spaces and large living space throughout. EPC - C. Available NOW.

£875 PCM

Dads Wood



Guardian are delighted to offer this two bedroom top floor flat in the private area, Bromley Close. This property benefits from allocated parking and is close to local shops and amenities. EPC - C. Available mid May.

£900 PCM

Bromley Close



Guardian are delighted to offer this two bedroom, first floor flat overlooking the River Stort. This property benefits from a balcony and allocated parking. Unfurnished with kitchen appliances. EPC - C. Available early June.

£900 PCM

Riverside Court



Guardian are pleased to offer this three bedroom family home on the outskirts of Harlow. With modern fitted kitchen, neutral decor and large sized rooms an early viewing is a must. EPC - C. Available late April

£1150 PCM

Tithelands



Guardian are delighted to offer this beautifully presented three bedroom end of terrace home in Chapel Fields. This property benefits from gas heating, a garage, off street parking, large rear garden and large living space through out. Modern interior throughout. EPC - E. Available Now.

£1400 PCM

Chapel Fields



Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom. Benefits include garage, rear garden and gas central heating. EPC - D. Available early June.

£1650 PCM

Slade End

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residential sales



Guardian are delighted to offer this rare opportunity to acquire this three bedroom detached family oriented property in the sought after, private area, of Albert Gardens, Church Langley.

£340,000

Albert Gardens, Church Langley



Guardian are delighted to offer this modern immaculately presented three bedroom property in the ever popular area of Katherine's on the outskirts of the town. The presentation is modern throughout and would suit a family needs. EPC: C

£310,000

Peacocks, Harlow



Located in the award winning development of New Hall, Harlow, Guardian have the privilege to present a rare opportunity to acquire a mid terrace two bedroom property. Allocated parking, two large double's and perfect for a family. EPC: C

£309,995

Alba Road, New Hall



Guardian are delighted to offer for sale this four bedroom mid terrace town house situated close to The Stow shopping centre. The property boasts double glazed windows, gas central heating to radiators and good sized rooms. EPC: E

£290,000

Pittmans Field, Harlow



Guardian have the pleasure to offer for sale a brilliant opportunity to acquire a lovely two bedroom terraced house in the sort after area of Church Langley, Harlow. If you are looking to move straight into a property which requires no work, this property is very suitable.

£289,999

Challinor, Church Langley



Guardian are delighted to offer for sale a well presented four bedroom Town House in Pittmans Field. Perfect for families or investors. Double glazed throughout, two reception rooms, four good sized bathroom and downstairs WC. Large kitchen with island. EPC: C

£285,000

Pittmans Field, Harlow



O.I.R.O - Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers. EPC: C

£270,000

Archers, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£269,495

Taylifers, Harlow



Guardian are pleased to offer this two bedroom Mid terrace property ideal for a starter home. The property benefits from double glazing, gas central heating, Drive way, en-bloc garage, a modern fitted kitchen and bathroom and offered with no onward chain.

£265,000

Sibneys green,



On the market with Guardian, well maintained two bedroom terraced house in the desirable location of Pittmans Field, Harlow. Two good sized bedrooms, a family bathroom and tucked away in a quiet cul-de-sac, this is a brilliant first time buy or investment. EPC: D

£239,995

Pittmans Field, Harlow



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£244,995

Berecroft, Harlow



Guardian are delighted to offer a well presented three bedroom split level maisonette in the town centre. Close to local schools and amenities, walking distance to the station and bus stops. Immaculate bathroom with both bath and separate shower. EPC: D

£239,995

The Hides, Harlow



Guardian are delighted to offer for sale this immaculate two bedroom first floor maisonette with a large private garden. Boasting two double bedrooms, modern fitted kitchen, modern bathroom and large rear garden with patio and decking area. EPC: D

£180,000

Cloverfield, Harlow



Guardian are delighted to offer this Ground floor One bedroom flat in Sawbridgeworth. In a Private area with allocated parking. In Good condition Freshly decorated and appealing this would be ideal for first time buyers, investors or elderly person looking for a quiet life. EPC: D

£185,000

Hazel Gardens, Sawbridgeworth



- Investors Only - In the highly sought after area of Dads Wood, Harlow, Guardian have the pleasure of offering for sale this two bedroom flat with a larger than average living room. Currently in good condition, a market rent of £875pcm is very achievable. EPC: C

£182,500

Dadswood, Harlow



Guardian Residential are delighted to offer this immaculately presented one bedroom first floor flat in the ever popular Markhall Moors area of Harlow. EPC: D

£165,000

Tanys Dell, Harlow



TAYLIFERS **OIEO £145,000**

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6 x 9'7
- Kitchen 7'9 x 5'10
- Bathroom
- Current Vendor to Refurbish Property



THE FORTUNES **£239,950**

- Two Bedroom Mid Terrace Home
- Fitted Kitchen 11'1 x 5'10
- Large Lounge 18'3 x 12'7
- Double Bedrooms
- Bathroom
- Close to Schools & Shops
- In Need of Some Work



POTTER STREET **£275,000**

- No Onward Chain
- Rarely Available
- Two Good Size Bedrooms
- Lounge 12'1 x 18'3
- Kitchen 8'7 x 5'11
- South Facing Garden
- Set on Private Road



**NEW
PRICE**

MOORFIELD **£150,000**

- One Bedroom Ground Floor Flat
- Large Kitchen & Lounge Diner
- Modern Fitted Bathroom
- No Onward Chain
- Gas Central Heating
- Outskirts of Harlow
- Walking Distance to Shops



MOORFIELD **OIEO £150,000**

- One Bedroom
- Top Floor Flat
- Communal Parking
- Large Lounge
- Double Bedroom
- Fitted Kitchen
- Well Presented Throughout



HORNBEAMS **Offers in excess of £250,000**

- Two Double Bedrooms
- Mid Terrace
- Gas Central Heating
- Double Glazing
- Lounge Diner
- Unoverlooked Garden
- Close to all Amenities



PEACOCKS **£275,000**

- Three Bedroom Family Home
- End of Terrace
- Fitted Kitchen & Bathroom
- Open Plan Lounge Diner
- Garage En Bloc
- No Onward Chain



BERECROFT **£169,995**

- Rarely Available
- One Bedroom Detached Bungalow
- In Need of Full Refurbishment
- Lounge 16'0 x 12'0
- No CHAIN



FENNELS **£275,000**

- Three Bedroom Mid Terrace
- Lounge 12'2 x 12'8
- Fitted Kitchen
- Conservatory
- Downstairs Cloakroom
- Close to Shops & Schools
- Popular Location



PRIORY COURT **£280,000**

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs Cloakroom
- Fitted Kitchen
- Lounge & Dining Area



WESTFIELD **OIEO £280,000**

- Two Bedroom Detached Home
- Popular Location
- Modern Fitted Kitchen
- Double Bedrooms
- Off Street Parking for One Car
- Fitted Bathroom
- Lounge 15'5 x 11'2



LADYSHOT **£295,000**

- Five Bedroom Town House
- End of Terrace
- Gas Central Heating
- Close to The Stow
- Large Lounge Diner
- Fitted Bathrooms
- No Onward Chain



LITTLE GROVE FIELD **£230,000**

- Two Bedroom
- Mid Terrace
- CHAIN FREE
- Close To Amenities



BARN MEAD **Offers in excess of £280,000**

- Three Bedroom Home
- Mid Terrace
- Large Lounge Diner
- Fitted Kitchen & Bathroom
- Good Sized Bedrooms
- Close to Local Amenities & Schools
- Double Glazing



Shawbridge **OIEO £280,000**

- Three Bedroom Family Home
- Chain Free
- End of Terrace
- Three Double Bedrooms
- Popular Location
- Gas Central Heating



AYNSLEY GARDENS **£315,000**

- Two Bedroom End of Terrace
- Downstairs Cloakroom
- Modern Fitted Kitchen
- Lounge
- Conservatory
- Bar/Snug
- Double Glazing
- Allocated Parking for Two cars



**NEW
PRICE**

WEDGEWOOD DRIVE

Guide price £515,000

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple Vehicles
- Modern Fitted Kitchen
- Close to all Local Amenities



FELMONGERS £365,000

- Three Bedroom Family Home
- Recently Fitted Boiler
- Lounge & Separate Dining Area
- Utility and Cloakroom
- Conservatory
- Large Garden
- Garage & Drive



BELFIELD GARDENS £395,000

- Five Bedroom Family Home
- Cul-De-Sac Position
- Set Over Three Floors
- Lounge 152' x 12'10"
- Kitchen Diner
- En-Suite to Bedroom One
- Neatly Enclosed Rear Garden



GUILFORDS £300,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms
- Family Bathroom
- Downstairs WC
- Close to Train Station



BENTLEY DRIVE £349,995

- Three Bedroom End of Terrace Home
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating & Double Glazing
- Allocated Parking
- Conservatory
- Close to All Amenities



SADLERS MEAD £315,000

- Three Bedroom Family Home
- Re-Wired and New Boiler Installed
- Fitted Kitchen
- Large Lounge
- Bathroom with Separate WC
- Close to Local Schools & Amenities
- Viewings Strongly Recommended



CHALLINOR £349,995

- Three Bedroom House
- Semi-Detached
- Lounge 14'7" x 15'7"
- Recently Fitted Kitchen
- Newly Fitted Bathroom
- Triple Glazed Throughout
- Close to All Amenities



OLD HARLOW £325,000

- No Onward Chain
- Three Bedrooms
- Lounge Diner
- Conservatory
- Gas Central Heating
- Kitchen
- In Need of Modernisation



HIGH STREET OIEO £350,000

- Period Cottage
- Three Bedrooms
- Open Plan Ground Floor Area
- Real Oak Floors & Doors
- Fitted Wooden Kitchen
- Parking Space to Front
- En-Suite to Bedroom One



NEW HALL £445,000

- Three Bedroom Town House
- Large Open Plan Kitchen
- Downstairs Cloakroom
- Spectacular Views from Master Bedroom
- Balcony Off Lounge
- Gas Central Heating
- Garage & Allocated Parking Space



NAZEING OIEO £450,000

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



**NEW
INSTRUCTION**

OAKLANDS DRIVE

£675,000

- Detached Family Home
- Five Bedrooms
- En-Suite to Master Bedroom
- Conservatory
- Separate Dining & Large Lounge
- Large Garden
- Garage & Drive
- Kitchen & Utility area



Sawbridgeworth OIEO £465,000

- Three/four Bedroom Town House
- Semi-Detached
- Large Lounge 22'6" x 12'8"
- Kitchen & Utility
- Bathroom & Downstairs Shower Room
- Rear Garden approx 45' in length
- Popular Location



TYE GREEN £499,995

- High Specification New Build
- Detached Four Bedroom House
- Facing Onto Private Driveway
- Luxury Kitchen Diner
- Large Bright & Spacious Lounge
- Driveway with Parking for Four Cars
- Fitted Carpets & Oak Flooring



Whieldon Grange

OIEO £590,000

- Six Bedroom Detached Family Home
- Immaculate Condition Throughout
- GCH & Double Glazing
- Large Lounge
- Modern Kitchen with Open Plan Dining area
- En-Suite to Master Bedroom
- Large Drive
- Good Size Garden



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NEWMANS END £2,500 PCM

- Four Bedrooms
- Modern Property
- En-Suite To Master
- EPC Rating To Follow
- Must Be Viewed
- * Admin Fees Apply
- Stunning Property
- Available Now.

NEW LISTING



SOPER SQUARE £1100 PCM

- Two Bed Apartment
- Top Floor
- New Hall Location
- Modern Property
- En-Suite To Master
- Intergrated Appliances
- Intercom Entry
- Parking
- EPC Rating C
- * Admin Fees Apply
- Available 21ST April

NEW LISTING



Bonded Client Account



SIDNEY TERRACE £1,000

- Bishops Stortford
- Gas Central Heating
- Two Bedrooms
- Available Early May.
- EPC Rating D
- Unfurnished
- Close to town centre & Train Station
- * Admin Fees Apply

NEW LISTING



BROMLEY CLOSE £925 PCM

- Two Bed Apartment
- En-Suite To Master
- Double Bedrooms
- Kitchen Appliances
- * Admin Fees Apply
- EPC Rating E
- Must be Viewed
- Available Early May

NEW LISTING



IMPORTANT INFORMATION:

When you apply for a tenancy, there will be an administration fee to pay, contact our rentals team or visit our website www.geoffreymatthews.co.uk for all fees which will become payable during the length of your tenancy.



HIGH STREET £900 PCM

- Two Bedrooms
- Fitted Kitchen
- Gas Central Heating
- Old Harlow Location
- Close to Harlow Mill Train Station
- Viewing Recommended
- EPC Rating D
- * Admin Fees Apply
- Available Early May

NEW LISTING



BROADFIELDS £795 PCM

- 2 Bed First Floor Flat
- Gas Central Heating
- Close To Schools
- Next To Town
- Part Furnished
- EPC Rating D
- Available Now
- * Admin Fees Apply



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Referenced Tenants



O.I.E.O. £225,000

SAWBRIDGEWORTH (Brook Road)

1 bedroom detached bungalow with an approximate 20ft garden and utility room/study (formerly garage). 10 mins walk to village centre. Offered with no onward chain. Viewing recommended. Sole agents.



£224,950

SAWBRIDGEWORTH (Burtons Mill)

2 bedroom first floor apartment. Excellent investment opportunity with an approximate rent of £900 pcm. Offered with no onward chain. Large sitting room with balcony. 5 mins walk to station. Keys available for viewings. Sole agents.



£349,950

SAWBRIDGEWORTH (Northfield Road)

3 bedroom home with a large corner garden and scope to extend (stp). Sitting room, kitchen/breakfast room, conservatory, approximate 45ft rear garden, potential for driveway (stp). Sole agents.



£350,000

HATFIELD BROAD OAK

Beautifully presented and spacious 2 bedroom period property with a large sitting room, kitchen/dining room, en-suite to master bedroom, many period features and a fabulous loft. Thriving village and close to all amenities. Vacant possession. Sole agents.



£475,000

SAWBRIDGEWORTH (Newton Drive)

Spacious 3 double bedroom semi-detached family home with a large entrance, downstairs cloakroom, separate sitting room and dining room, conservatory, modern kitchen and bathroom, sunny garden, excellent parking and garage. Highly regarded location. Sole agents



£475,000

OLD HARLOW (Hobbs Cross)

Delightful Grade II listed thatched cottage with 2/3 bedrooms, 300ft garden backing on to open farmland, lots of charm and character throughout, 3 reception rooms, kitchen, utility. No onward chain. Sole agents.



£497,500

SAWBRIDGEWORTH (Sun Street)

4 bedroom, 3 storey home, high quality fittings. Family bathroom plus en-suite shower room, sitting room, kitchen/dining room, garage room, cloakroom, approx. 35ft landscaped garden, parking for 3 cars. Close to centre and station.



£500,000

SAWBRIDGEWORTH (Station Road)

Beautifully presented 3 double bedroom period house on a raised position in the centre of Sawbridgeworth. Good size sitting room, large dining/family room, kitchen, off-street parking, garden and period features. 5 mins to station. Sole agents.



GUIDE PRICE £525,000

SAWBRIDGEWORTH

Town centre apartment, Grade II listed conversion. Heart of the town and close facilities. Large sitting room, kitchen/breakfast room, master bedroom with dressing room and en-suite, further double bedroom, long lease. Sole agents.



£579,950

OLD HARLOW (Bury Road)

Beautifully presented 3-4 bed Edwardian detached home, many original features, contemporary edge. Sitting room, large family room, snug, study/bedroom 4, luxury shower room and bathroom, summer house, off-street parking. 10 mins walk to station. vacant possession. Sole agents.



£649,950

GREAT CANFIELD (Hope End)

Spacious 3 double bedroom single storey barn conversion with a vaulted ceiling, large dining room, sitting room, spacious entrance, kitchen, corner plot, double garage, gated entrance. Close to excellent facilities. Early viewing essential. Sole agents.



£675,000

MATCHING GREEN (Hull Green)

4 bedroom home, stunning views across rural countryside. Sitting room, dining room, kitchen, utility room, cloakroom, bathroom plus en-suite, double garage, parking for 2-3 cars, scope for extension (stp). No onward chain. Sole agents.



£799,950

HIGH WYCH

Immediate vacant possession offered. 4 bedroom detached family house with 4 large reception rooms, kitchen, good size garden, large detached garage, "in and out" horseshoe driveway, en-suite to master bedroom. Keys available for immediate viewing. Sole agents.



£899,950

LITTLE HALLINGBURY

5 bedroom detached home on a 1/2 acre mature plot including a paddock. Extensive parking, double garage with office over, 3 reception rooms, luxury re-fitted kitchen/breakfast room. Only 5 mins from Bishops Stortford. Sole agents.



£1,650,000

WOODSIDE GREEN

Substantial 7,000 sq ft country house with a detached annexe, indoor swimming pool, complex, kennel block, 1/2 acre plot, magnificent kitchen/family room, sitting room, games room, study, 5 bedrooms, 4 bath/shower rooms, cinema room. National Trust position. Sole agents.



£625pcm

SAWBRIDGEWORTH (Ladywell Prospect)

Fully furnished ground floor studio apartment situated within walking distance of station and amenities. Refitted kitchen and bathroom and a good size living area, UPVC double glazed windows, allocated parking. Available Now



£695pcm

SAWBRIDGEWORTH (Station Road)

One bedroom first floor apartment situated in a central location in the heart of Sawbridgeworth, just a short walk from all local amenities including mainline station. Bright living room, fitted kitchen with appliances, bathroom and bedroom with bed frame and fitted wardrobe. Available April.



£750pcm

SAWBRIDGEWORTH (Waterside Place)

1 bed unfurnished apartment in Grade II listed millings conversion. Property comprises entrance hall with living room leading through to fitted kitchen, fitted bathroom, double bedroom with built-in wardrobes, views over the communal gardens and off road parking. Available early May.



£750pcm

SAWBRIDGEWORTH (The Meadows)

Recently refurbished one bedroom first floor apartment situated a short walk from station. Fitted kitchen and shower room. Outside there are communal gardens and off road parking. Available now.



£750pcm

SAWBRIDGEWORTH (Ladywell Prospect)

One bedroom ground floor maisonette situated close to station and other amenities. Porch, good size living room, separate kitchen, bathroom and double bedroom with fitted wardrobes. Benefiting from external storage and allocated parking the property is available late April.



£800pcm

BISHOPS STORTFORD (Grove Place)

2 bedroom mid terrace Victorian cottage in a sought after location. Comprising living room and fitted kitchen, good size bedroom plus further single room/study and bathroom. Courtyard rear garden, outbuilding, keys held available now.



£910pcm

SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished two bedroom ground floor apartment, only a short walk from the mainline station and other facilities. The property comprises entrance hall, sitting room, recently updated kitchen, two bedrooms, a modernised bathroom and gas fired central heating. Unfurnished and available early April



£1095pcm

SAWBRIDGEWORTH (Church Street)

Two bedroom unfurnished period cottage in a central location close to town centre, short walk to station, comprises recently refitted kitchen with small breakfast area, good size living room, two bedrooms to the first floor plus recently refitted family bathroom, courtyard rear garden.



£1300pcm

HARLOW (Florence Close)

Newly Renovated, 3 bedroom, end of terrace home close to M11 junction. Good size living room with patio doors overlooking the rear garden, separate kitchen, downstairs WC, three good size bedrooms and a brand new luxury bathroom. Allocated parking. Available now.



£1695pcm

HATFIELD BROAD OAK (Cage End)

Renovated and updated 3 bedroom mid-terrace unfurnished barn conversion, comprising open plan contemporary kitchen, exposed timbers, downstairs reception room and utility, 2 bedrooms and 2 bathrooms to the first floor and further bedroom to top floor. Available Mid May

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CHAIN FREE

Victoria Gate

£215,000

- Two Bedroom Ground Floor Flat
- CHAIN FREE
- Situated In A Residential Cul-De-Sac
- Allocated Parking
- Situated Within Close Proximity Of Local Amenities
- EPC Rating: C



CHAIN FREE

Coalport Close

O.I.E.O
£220,000

- A Two Bedroom Ground Floor Flat
- CHAIN FREE
- Allocated Parking
- Cul-De-Sac Location
- Lounge/Diner
- EPC Rating: D



VIEWINGS ADVISED

Rushton Grove

£299,995

- Two Bedroom House
- Extended To Rear
- Off Street Parking For Two Vehicles
- Secluded Rear Garden
- Stamp Duty Exempt For First Time Buyers
- Awaiting EPC Rating



NEW PRICE

VIEWINGS ADVISED

Carters Mead

O.I.E.O
£300,000

- A Three Bedroom End Of Terrace House
- Secluded Rear Garden With Side Access
- Potential For Driveway (STPP)
- First Floor Family Bathroom
- Conservatory To Rear Of Property
- Utility Room



CHAIN FREE

Ashworth Place

O.I.R.O
£375,000

- Three Bedroom Detached House
- Garage & Driveway For Two Vehicles
- Double Glazing Throughout
- Fitted Family Bathroom
- Fitted Wardrobes To The Master Bedroom
- EPC Rating: D



CHAIN FREE

Denby Grange

£375,000

- Four Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- En-suite To Master Bedroom
- Driveway For Two Vehicles
- EPC Rating: C



SAVINGENORTH

School Lane

O.I.R.O -
£420,000

- Semi Detached Three Bedroom House
- Driveway For Two Vehicles With Garage
- En-suite To Master Bedroom
- Kitchen / Diner
- Planning Permission For Double Storey Side Extension
- EPC Rating C With Potential B



VIEWINGS ADVISED

Oak Piece

O.I.E.O
£425,000

- Four Bedroom Semi-detached House
- Driveway For Two Vehicles
- Within Walking Distance To St. Andrews Primary School
- Conservatory
- Potential To Extend (STPP)
- EPC Rating: E



VIEWINGS ADVISED

Pilkingtons

O.I.E.O
£450,000

- Five Bedroom Detached House
- Situated At The End Of A Cul-De-Sac Location
- En-suite To The Master Bedroom
- Separate Lounge & Dining Room
- Parking For Multiple Vehicles
- EPC Rating: C



VIEWINGS ADVISED

**Heathcote
Gardens**

£300,000

- Two Bedroom End Of Terrace
- Situated In A Cul-De-Sac Location
- Downstairs WC
- Allocated Parking
- Underfloor Heating In First Floor Family Bathroom
- EPC Rating: C

Fees - Please see in branch for details



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NEW INSTRUCTION!



Canons Brook

£260,000

- A Two Bedroom Mid - Terrace House
- Ground Floor Family Bathroom
- Approx. 120ft Secluded Rear Garden With Rear Access.
- Situated within a Residential Cul - De - Sac
- Potential To Extend To The Rear (STP)
- EPC Rating: Awaiting

CHAIN FREE



Pegrams Court

**O.I.R.O -
£264,995**

- A Three Bedroom Mid - Terrace House
- A Garage En - Bloc
- Approx. 25ft Secluded Rear Garden
- CHAIN FREE
- Downstairs WC
- EPC Rating: C

VIEWINGS ADVISED



Bowhill Way

**O.I.R.O
£269,995**

- A Two Bedroom Semi-Detached Couch House
- Juliette Balcony overlooking a small green area
- 10 Year built mark warranty (NHBC)
- Allocated Parking
- Approx 0.8 Miles Away From Harlow Town Train Station
- EPC Rating: B

NEW INSTRUCTION!



Westfield

**O.I.E.O
£270,000**

- A Three Bedroom Semi-Detached House
- Situated In A Residential Cul - De - Sac
- Large Kitchen/ Diner
- Approx 45ft Secluded Rear Garden
- First Floor Wet Room With A Walk In Shower
- EPC Rating: Awaiting

CHAIN FREE



Sycamore Field

£280,000

- A Three Bedroom Mid - Terrace Family Home
- South Facing Rear Garden With Rear Access
- CHAIN FREE
- Separate Living & Dining Rooms
- Situated In A Residential Cul - De - Sac
- EPC Rating: C

NEW PRICE



The Fortunes

£280,000

- A Three Bedroom End Of Terrace House
- Three DOUBLE Bedrooms
- Utility Room
- Approx. 50ft Rear Garden
- Fitted Kitchen
- EPC Rating: D

VIEWINGS ADVISED



Canons Gate

**O.I.E.O
£280,000**

- A Three Bedroom Mid - Terrace Family Home
- Landscaped Rear Garden
- CHAIN FREE
- Approx. 0.7 Miles Away From Princess Alexandra Hospital
- uPVC double glazed & Gas Central Heating Throughout
- EPC Rating: C

NEW INSTRUCTION!



Barn Mead

**O.I.E.O
£280,000**

- A Three Bedroom Mid - Terrace Family Home
- Utility Room
- Larger Than Average Lounge/ Diner
- Approx. 50ft Rear Garden With Rear Access
- CHAIN FREE
- EPC Rating: Awaiting

NEW INSTRUCTION



Clifton Hatch

**Offers Invited
£386,995**

- A Three Bedroom Detached Family Home
- Private Allocated Parking
- Ground Floor WC
- Still Under The NHBC New Homes Certificate With 6 Years Remaining
- South Facing Rear Garden
- EPC Rating: B



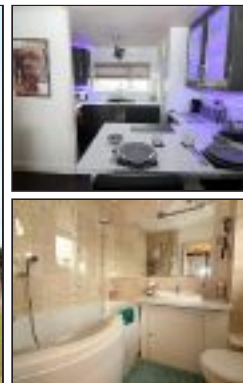
NEW INSTRUCTION!



Rivermill

**O.I.R.O
£170,000**

- A One Bedroom Second Floor Flat
- Well - Presented Open Planned Living And Kitchen
- Approx. 8 Minute Walking Distance To Harlow Town Train Station
- Ideal For First Time Buyers Or Investors
- Outside Storage Cupboards
- EPC Rating: C



Howick & Brooker

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CHAIN FREE

£259,995

SPRUCE HILL, HARLOW

- Four Bedrooms
- Kitchen / Diner
- Needs Modernisation
- Mid Terrace Property
- Chain Free
- EPC Rating: D



NEW ON

£259,995

VINCE DUNN MEWS, OLD HARLOW

- Two Bedrooms
- Second Floor
- Balcony
- Modern Interior
- Allocated Parking
- EPC Rating: B



NEW ON

£265,000

COWLINS, OLD HARLOW

- Two Bedrooms
- Cart Lodge Parking
- Private Cul-De-Sac
- Ground Floor Maisonette
- Chain Free
- EPC Rating: C



SPLIT LEVEL

£279,995

GREAT AUGER STREET, NEWHALL

- Top Floor Flat
- Prime Location
- Allocated Parking
- Two Bedrooms
- Chain Free
- EPC Rating: D



CHAIN FREE

£284,995

QUARRY SPRING, HARLOW

- Three Bedrooms
- End Terrace
- Large Kitchen
- Popular Location
- Chain Free
- EPC Rating: TBC



CHAIN FREE

£295,000

MARK HALL MOORS, HARLOW

- Three Bedrooms
- Excellent Project
- Conservation Area
- End Of Terrace
- Chain Free
- EPC Rating: E



CHAIN FREE

GUIDE PRICE £310,000 - £320,000

JOELYNS, OLD HARLOW

- Three Bedrooms
- Mid Terrace
- Detached Garage
- Close To High Street
- Chain Free
- EPC Rating: F



NEW ON

£310,000

RUSHTON GROVE, CHURCH LANGLEY

- Two Bedrooms
- Semi detached
- Garage & Driveway
- Downstairs W/C
- Chain Free
- EPC Rating: TBC



NEW ON

£325,000

SILVESTERS, HARLOW

- Three Bedrooms
- Two Receptions
- Needs Modernisation
- No Onward Chain
- Semi Detached
- EPC Rating: TBC



CHAIN FREE

£340,000

LATTON GREEN, HARLOW

- Four Bedrooms
- Ground Floor Bathroom
- In Need Of Updating
- Semi Detached
- Chain Free
- EPC Rating: TBC

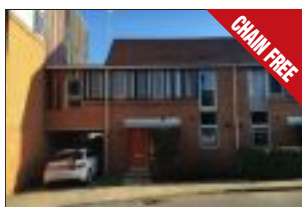


VENDOR FOND

£349,995

CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Downstairs Cloakroom
- Garage & Driveway
- New Kitchen & Bathroom
- Recently Updated Boiler
- EPC Rating: TBC



CHAIN FREE

£374,950

TATTON STREET, NEWHALL

- Four Bedrooms
- Terraced Property
- Open Plan
- Two Bathrooms & W/C
- Off Street Parking
- EPC Rating: C



POTENTIAL

£384,995

FELMONGERS, HARLOW

- Three Bedrooms
- Two Receptions
- Semi Detached
- Two Bathrooms
- Popular Location
- EPC Rating: E



NEW PRICE

£390,000

HEATHCOTE GARDENS, CHURCH LANGLEY

- Three/Four Bedrooms
- Detached
- Garage Conversion
- Three Bathrooms
- South Facing Garden
- EPC Rating: C



TWO BATHS

£400,000

FLINT LANE, NEWHALL

- Three Bedrooms
- Two Bathrooms
- Under Floor Heating
- Sun Terrace
- Parking
- EPC Rating: TBC



NO CHAIN

£430,000

ALBERT GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Detached
- Garage
- Driveway
- Ensuite
- EPC Rating: C



NEW ON

£429,995

TANYARD PLACE, HARLOW

- Three Bedrooms
- Terraced Property
- Three Bedrooms
- Two Allocated Parking
- Chain Free
- EPC Rating: B



CHAIN FREE

£430,000

BRAGGOWENS LEY, NEWHALL

- Four Bedrooms
- Demi Detached
- Off Street Parking
- Two Bathrooms
- Immaculately Presented
- EPC Rating: C



Extended

£510,000

HAWKENBURY, HARLOW

- Four Bedrooms
- Semi Detached
- Two Receptions
- Heavily Extended
- Garage & Driveway
- EPC Rating: C



NEW ON

£500,000 - £525,000

PENSHURST, OLD HARLOW

- Five Bedrooms
- Two Receptions
- Two Bathrooms
- Terraced Town House
- Private Cul-De-Sac
- EPC Rating: D



BARN

£650,000

THE BARNS, OLD HARLOW

- Three Bedrooms
- Gardens & Parking
- Two Bathrooms
- Semi Detached
- Courtyard Setting
- EPC Rating: E



CHAIN FREE

£725,000

GREAT AUGER STREET, NEWHALL

- Four Bedrooms
- Three Receptions
- Bespoke Build
- Solar Energy
- Rain Water Harvesting
- EPC Rating: B



MUST VIEW

£895,000

GREAT AUGER STREET, NEWHALL

- Detached House
- Bespoke Build
- Double Garage
- Four Bedrooms
- Four Bathrooms
- EPC Rating: B



PRIVATE SPOT

£895,000

LATTON COMMON, HARLOW

- Five Bedrooms
- Three Receptions
- Private Location
- Detached House
- Gated Entrance
- EPC Rating: C



MUST VIEW

£950,000

MULBERRY GREEN, OLD HARLOW

- Four Bedrooms
- Three Receptions
- Study / Playroom
- Gardens & Studio
- Fine Location
- EPC Rating: E

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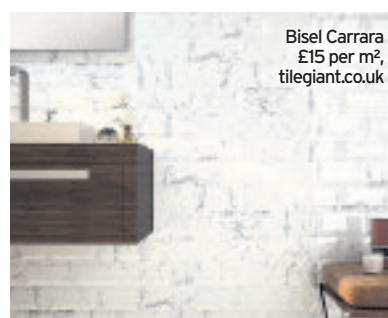
SHOP HOME



White marble soap dispenser, £20; marble effect mirror, £22; glass jar large, £12; glass jar small, £8 cream rib bath sheet, £18; cream rib hand towel, All Sainsbury's Home



Pure frameless sliding door, £625, pure bathroom collection. co.uk



Bisel Carrara £15 per m², tilegiant.co.uk



Left top: Ruze 200mm fixed round shower head & wall mounted arm, £29.95, victorian plumbing.co.uk and left, Wisconsin rectangle mirror, £264, darlighting.co.uk



Beauty Bars Collection, £6.95, peppermintgrove.australia.com



Single outlet digital shower, £560, purebathroomcollection.co.uk



Winchester Elements Panorama Stream tiles, originalstyle.com

April showers

Splash out this spring to give your bathroom a striking focal point, says **DAN BEAVAN**



Above: Mezza dark oak caddy, £137, abodeliving.co.uk

Right: Aquanova Moon mirror, £48, black-by-design.co.uk *All prices correct at time of going to press



Right: Aquanova Cobre soap dispenser, £33, black-by-design.co.uk



Left: Bluetooth rechargeable shower speaker, £10.85, gyrofish.com. Right: Blue fish wall art, £13.50, tch.net



Spider plant Kokedama, £16.95, stupidegg.co.uk



Above: Christy, Alto Towels, from £12, christy-home.com Right: Branch towel rail, £65, heals.com



...SUPER SOAP DISHES



FRESH ANGLES Garden Trading soap dish in natural granite, Garden Trading, £12, gardentrading.co.uk



MEDICATED SOAP Izola apothecary soap dish, Henry Tibbs Ltd, £20, henrytibbs.com



A FRENCH DISH La Boutique De Fleurs enamel soap dish live laugh love ltd, £9.95, livelaughlove.co.uk



CLEAN FEATHERS Jan Constantine Love Birds grey soap dish, £4, dunelm.com

WHEELS

TEST DRIVE: Ford Mustang Coupe 5.0-litre by David Ward

GALLOPING AHEAD



AT A GLANCE

- **Model:** Ford Mustang Coupe 5.0-litre
- **Price:** £46,595
- **Engine:** Five-litre normally aspirated 444bhp petrol engine
- **Transmission:** Ten-speed automatic gearbox driving the rear wheels
- **Performance:** 0 to 62mph 4.3 seconds, top speed 156mph
- **Fuel Consumption:** 22.8mpg
- **CO₂:** 280g/km
- **Insurance Group:** 46E
- **BiK:** 37%

Why change an outright winning formula? That's the question Ford's Mustang backroom team asked themselves when thinking about updating their super fast sports car which first appeared here in right-hand-drive a couple of years ago and has seen more than 33,000 sold both here and across mainland Europe.

The answer was quite simple which was not to basically change it but make some subtle changes with a few tweaks here and there to further enhance its appeal to sports car drivers – and this philosophy has worked. There's still two normally aspirated petrol engines on offer – a 2.3-litre Ecoboost and a 5.0-litre which has now been boosted by 30bhp to offer 444bhp to offer improved

performance and which will be the best seller.

Technically the most notable and welcome change is with a new 10-speed automatic gearbox, developed jointly with GM, that replaces the previous rather performance-wise sluggish six-speed automatic gearbox.

Key here is that the automatic gearbox ratios change faster and much smoother than the old unit which means that the driver can see it automatically dropping down from 10th to third or fourth gear when wanting a quicker acceleration and likewise going back up the gears the shift will go direct, say from fourth to seventh gear, missing out the ones in between – all in the name of being quicker away.

The reality is that this new system works perfectly and now gives the Mustang excellent sports performance and once out on the open road it's even more fun to drive and a genuine sports cruiser at speed.

Official performance figures are right on the nail too with the five-litre V8 skipping from 0 to 62mph in just over four seconds with the driver also using the paddles mounted on the steering wheel for manual gear changes which itself is now far more smooth and quicker.

With such improved throttle response drivers will still enjoy that now famous bellow like exhaust sound when accelerating

hard – a real muscular noise – but which drivers too can manually adjust to calm down and not upset their neighbours on a Sunday morning lie in when driving away from home.

There are six different driving modes for the driver to choose from starting with normal followed by sport, race track setting, one for overcoming snow and wet road conditions, drag strip driving and finally My Mode which allows the driver to initially select their own preferred settings for performance, driving dynamics and exhaust sound and automatically comes into play when that button is pushed.

Shock absorbers have been retuned too to give the car all round improved stability and amongst the new standard driving aids are autonomous emergency braking, pedestrian detection and lane departure warning – all part of Ford's efforts to gain higher NCAP 5 star rating which its predecessor didn't not have – so this time around it's not only faster but makes this rear-wheel-drive car much safer to drive.

In terms of outside looks this new Mustang sees some small, subtle changes with a slightly sharper look at the front and it has all round LED lights.

Drivers should also opt for the £1,500 new MagneRide adjustable suspension available which certainly helps to improve the overall

ride and handling of the car without deterring anything from its basic high performance ability out on the open road.

The cabin has been tweaked too – the driver can choose from 27 different dashboard readout colours on speed, revs etc., – and the impressive and so easy to use 12-inch digital display complete with SYNC3 infotainment system has again subtly improved matters for driver information.

The Recaro seats again give excellent all round lumbar support and whilst there are two rear seats it remains officially a 2+2 as they say with only real room in the back for younger siblings to sit in any comfort.

Available again as either a hard or soft top and with two engines on tap the choice is down to the driver with obviously the more conservative buyer opting for the 2.3-litre at £35,995 but for the real performance connoisseur it has to be the 5.0-litre driven here which comes in at £46,595 with extras on board.

This latter version though is more than a better buy compared to some German-made rivals and it has that distinctive Mustang badging and traditional looks – this is the sixth generation Mustang and it's without doubt the most exciting sports car to ever come out of the Ford stable.

Five-litre buyers certainly won't be disappointed in anyway shape or form.

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Mrs Hillary Downing had been turned down twice before (Not by us)
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£5,995

BARGAIN OF THE WEEK



2011 Renault Clio 1.2 Silver,

Remote Locking, E/Windows, CD Player, Ideal First car, 28,000 Miles Only

£30 per week

£4,495

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Prestige

2009 (09) Bentley Continental, 6.0 Automatic,

Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example

£65,000 £POA pw

2016 (66) Land Rover Range Rover Sport 3.0 Automatic HSE,

Blue, Alloy Wheels, Climate Control, Bluetooth, Cruise Control, Parking Sensors, Reversing Camera, Panoramic Sunroof, SAT NAV, Full Leather, Heated electric Memory Seats, Fridge, Side Steps, Remote Control Locking, E/Windows, E/Mirrors 24,000 miles

£49,995 £POA pw

2012 (12) Jeep Wrangler Kahn 2.8 Automatic,

Alloy Wheels, Air Con, Air Con, Cruise Control, Heated Leather Seats, Hard Top, Remote Locking, E/Windows, E/Mirrors, Bluetooth, CD Player, 15,000 Miles only

£24,995 £POA pw

2000 (W) Jaguar XKR Supercharge Automatic,

Silver, Alloy Wheels, Climate Control, Cruise Control, Leather Seats, E/Windows, E/Mirrors, Remote Locking, 69,000 Miles, Stunner

£9,995

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

SUV

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

2013 (13) Vauxhall Mokka 1.6,

White, Alloy Wheels, Air Con, Remote locking, Cruise control, Parking sensors, E/Windows, E/Mirrors, CD Player, One owner, 13,000 miles only

Sale Price £9,995 - £62 per week

2014 (14) Nissan Juke, 1.2,

Red, Alloy Wheels, Air Con, Bluetooth, Cruise Control, Parking Camera, SAT NAV, Remote Locking, E/Windows, E/Mirrors, CD player, AUX, 26,000 miles only

Sale Price £9,995 - £65 per week

2011 (61) Nissan Qashqai N-Tec

grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles

Sale Price £9,495 - £60 per week

2016 (61) Nissan Juke 1.6,

White, Alloy Hwheels, Air Con, Cruise Control, SAT NAV, Reversing Camera, Full Leather Heated Seats, Remote Locking, E/Windows, E/Mirrors, CD Player, 43,000 miles only

Sale Price £8,495 - £53 per week

2005 (55) Toyota RAV4, 2.0 Automatic,

Silver, Alloy Wheels, Air Con, Remote Locking, Cruise Control, SAT NAV, E/Windows, E/Mirrors, Heated Leather Seats, 82,000 Miles

Sale Price £3,995 - £26 per week

Hatchback

2013 (13) Vauxhall Mokka 1.6,

White, Alloy Wheels, Air Con, Remote locking, Cruise control, Parking sensors, E/Windows, E/Mirrors, CD Player, One owner, 13,000 miles only

Sale Price £9,995 - £62 per week

2014 (14) Nissan Juke, 1.2,

Red, Alloy Wheels, Air Con, Bluetooth, Cruise Control, Parking Camera, SAT NAV, Remote Locking, E/Windows, E/Mirrors, CD player, AUX, 26,000 miles only

Sale Price £9,995 - £65 per week

2013 (13) Ford Fiesta, 1.5 Diesel,

5 Door, White, Alloy Wheels, Air Con, Air Con, Bluetooth, Remote Locking, E/Windows, E/Mirrors, AUX, CD Players, £0 a Year tax

Sale Price £6,995 - £44 per week

2013 (63) Ford Fiesta 1.2,

3 door, Red, Air Con, Remote locking, E/Windows, E/Mirrors, CD Player, AUX Input, 31,000 miles only

Sale Price £6,395 - £40 per week

2012 (12) Peugeot RCZ 1.6,

Grey, alloy wheels, air con, full leather heated seats, remote locking, cruise control, SAT NAV, parking sensors, e/windows, e/mirrors, 61,000 miles

Sale Price £7,995 - £50 per week

2010 Ford Mondeo 18 TDCi Titanium,

Beige, Alloy Wheels, Air Con, Remote Locking, Cruise Control, Parking Sensors, SAT NAV, E/Windows, E/Mirrors, CD Player, 41,000 Miles

Sale Price £5,995 - £38 per week

2007 Ford Focus ST2,

Red, Alloy Wheels, Air Con, Remote Locking, Parking Sensors E/Windows, E/Mirrors, CD Player, 84,000 Miles

Sale Price £5,995 - £35 per week

2010 Kia Venga 1.6 Automatic,

Silver, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, 34,000 miles only

Sale Price £5,995 - £38 per week

2016 Hyundai i30 1.6 Diesel automatic,

Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, 32,000 Miles only

Sale Price £5,495 - £35 per week

2005 (55) Toyota RAV4, 2.0 Automatic,

Silver, Alloy Wheels, Air Con, Remote Locking, Cruise Control, SAT NAV, E/Windows, E/Mirrors, Heated Leather Seats, 82,000 Miles

Sale Price £3,995 - £26 per week

Small Cars

2013 (13) Ford Fiesta, 1.5 Diesel,

5 Door, White, Alloy Wheels, Air Con, Air Con, Bluetooth, Remote Locking, E/Windows, E/Mirrors, AUX, CD Players, £0 a Year tax

Sale Price £6,995 - £44 per week

2013 (63) Ford Fiesta 1.2,

3 door, Red, Air Con, Remote locking, E/Windows, E/Mirrors, CD Player, AUX Input, 31,000 miles only

Sale Price £6,395 - £40 per week

2011 (11) Mini Cooper D, 1.6, Diesel

Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con

Sale Price £6,995 - £44 per week

2014 (14) Vauxhall Corsa, 1.2,

3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 27,000 Miles only, One owner

Sale Price £5,995 - £38 per week

2011 Renault Clio 1.2

Silver, Remote Locking, E/Windows, CD Player, Ideal First car, 28,000 Miles Only

Sale Price £4,495 - £30 per week

2011 (11) Vauxhall Corsa 1.2

3 door, Silver, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, One Owner, 65,000 miles

Sale Price £4,495 - £28 per week

Convertibles

2009 (09) Bentley Continental, 6.0 Automatic,

Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example

£65,000 £POA pw

2012 (12) Jeep Wrangler Kahn 2.8 Automatic,

Alloy Wheels, Air Con, Air Con, Cruise Control, Heated Leather Seats, Hard Top, Remote Locking, E/Windows, E/Mirrors, Bluetooth, CD Player, 15,000 Miles only

£24,995 £POA pw

2011 (11) Renault Megane 1.4 convertible,

Grey, Alloy Wheels, Air Con, electric hard top, Panoramic roof, SAT NAV, half leather seats, Remote Locking, E/Windows, E/Mirrors, Cruise Control, CD Player, 46,000 miles

Sale Price £5,995 - £38 per week

2008 (58) Renault Megan Convertible, Diesel,

Grey, panoramic roof, e/windows, e/mirrors, alloys, cruise control, air con, full leather interior, 53,000 miles

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WHEELS

MOTORING NEWS: New electric Mini by Chris Russon



BACK TO THE FUTURE

The original Mini has been given an electric jolt by BMW as a tease for some of its cars for the future.

To be unveiled at the New York International Auto Show the classic Mini Electric combines the historic look of the world's favourite small car with

ground-breaking drive technology for tomorrow's urban needs.

It paves the way for the brand's first all-electric vehicle which will be

unveiled in 2019 - just in time for the 60th anniversary of the classic Mini.

The fully electric production vehicle is currently in development,

based on the MINI three-door hatch, and will be produced at MINI Plant Oxford next year.

In 2008, BMW presented the MINI E - based on the

predecessor model of the current MINI and about 600 examples were produced and used in a field trial under everyday conditions.

The MINI E played a central role in paving the way for the development of the BMW i3, which has been on sale since 2013 and has just clocked up 10,000 sales in the UK.

By contrast, the classic Mini Electric presented in New York will remain unique. It's a late and carefully restored example of the classic Mini Cooper and remains true to form, both in terms of its visual appearance and driving characteristics.

BMW says the instant power of its electric motor provides a new dimension to the go-kart feeling that helped propel the Mini in its original form to worldwide popularity.



WHEELS

MOTORING NEWS: World Car Design Awards by Chris Russon

VELAR WINS DESIGN AWARD FOR BEAUTY

The Range Rover Velar has been named the most beautifully designed vehicle on the planet, winning the World Car Design of the Year title at the 2018 World Car Awards.

The announcement at the New York International Auto Show signals a design double for Jaguar Land Rover having taken the title last year with the Jaguar F-PACE.

Priced from £44,830, the Velar is available with a choice of six powertrains, ranging from a 180ps 2.0-litre Ingenium diesel to a 380ps supercharged 3.0-litre V6 petrol engine.

Positioned between the Range Rover Evoque and the Range Rover Sport in JLR's luxury 4x4 line up, the Velar was launched last year and was the first vehicle to feature the company's new-look interior which is dominated by twin display screens.

"The Range Rover Velar is an outstanding, superior SUV. Compelling modernity,



eye-catching design, innovative Touch Pro Duo infotainment technology and a clear focus on sustainability — what a combination. This product speaks for itself," said Dr Ralf Speth, the chief executive of Jaguar Land Rover.

The luxury SUV overcame the Volvo XC60 and the Lexus LC 500 to take the World Car Design of the Year award, as voted for by the World Car Awards jury, comprising 82 influential

motoring journalists from 24 countries.

The judging panel praised the distinctive design of the Velar which features perfectly optimised proportions and a stunning silhouette. Its super-slim Matrix Laser-LED headlights, flush deployable door handles and sleek Touch Pro Duo infotainment are all hallmarks of Range Rover's design philosophy.

Gerry McGovern, chief design officer for Land



Rover, said: "The continued evolution of our design philosophy is driven by a relentless focus on creating highly desirable vehicles our customers will love for life. The Range Rover Velar brings a new dimension of

modernity to the Range Rover family with an abundance of innovative technologies, all making this vehicle a joy to drive and be driven in.

"We're honoured that the jury recognised the tireless

endeavours of our designers and engineers in delivering a vehicle with compelling design, tailored technology and relevant innovation which come together to create a vehicle of instant desirability."

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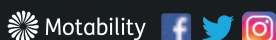
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C-HR Icon 5 door Coupe FWD 1.2T VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 38.1 (7.4), Extra Urban 55.4 (5.1), Combined 47.8 (5.9), CO2 Emissions 135g/km. Auris Icon 1.2 VVT-i Manual Official Fuel Consumption Figures in mpg (l/100km): Urban 47.9 (5.9), Extra Urban 67.3 (4.2), Combined 58.9 (4.8), CO2 Emissions 112g/km. Yaris Icon 5 door 1.0 VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 45.6 (6.2), Extra Urban 70.6 (4.0), Combined 58.9 (4.8), CO2 Emissions 109g/km. All mpg and CO2 figures quoted are sourced from official EU regulated laboratory test results. These are provided to allow comparisons between vehicles and may not reflect your actual driving experience.

*Model shown is C-HR Icon 5 door Coupe FWD 1.2 VVT-i Manual at £195 Advance Payment, Auris Icon 1.2 VVT-i Manual at £0 Advance Payment and Yaris Icon 5 door 1.0 VVT-i Manual at £0 Advance Payment. Available as part of the Motability Contract Hire Scheme. Please note that a total of 60,000 miles over three years are allowed on the Motability Contract Hire Scheme. Offer valid between 1st April and 30th April 2018. Motability Scheme vehicles are leased to customers by Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London, SE1 9HB. To qualify you must be in receipt of the Higher Rate Mobility Component of Disability Living Allowance (DLA), the Enhanced Rate Mobility Component of Personal Independence Payment (PIP), the War Pensioners' Mobility Supplement (WPMS) or the Armed Forces Independence Payment (AFIP) and applications must be made with participating dealers between 1st April and 30th April 2018. Prices are correct at time of print, are subject to availability and may change.

WHEELS

FIRST DRIVE: Volvo V90 D5 PowerPulse Cross Country Pro by Edward Stephens

AT A GLANCE

- **Model:** Volvo V90 D5 PowerPulse Cross Country Pro
- **Price:** £47,905
- **Mechanical:** 235bhp, 1,969cc, 4cyl diesel engine driving four wheels via 8-speed automatic gearbox
- **Max speed:** 140mph
- **0-62mph:** 8.2 seconds
- **Combined mpg:** 62.8
- **Insurance group:** 36
- **CO2 emissions:** 119g/km
- **BiK rating:** 25%
- **Warranty:** 3 years/100,000 miles



BEST IN CLASS

Enjoying time in log cabins off the beaten track is a way of life for a lot of people in Sweden.

And the appeal is so strong most of them don't let a bit of snow – or even a lot of snow – put them off.

Which is probably as well really because 20 years ago Swedish car maker Volvo introduced its first Cross Country model to enable those hardy enthusiasts to get to their holiday homes without having to worry about the weather.

Now two decades and several Cross Country variations later that heritage has enabled Volvo to produce its latest and best off-road-capable estates in the form of the V90 Cross Country.

The Cross Country model is the more rugged version of the standard V90 estate and because it's designed to be

able to tackle off-road work has 65mm more ground clearance than the regular model and is distinguished by its lower sill and door mouldings, its wheel arch mouldings, silver front and rear skid plates and larger door mirrors.

Unlike on earlier models, however, Volvo has chosen

to make this one a less obvious 4x4 and even the Cross Country name emblazoned on the rear bumper has body coloured lettering so you have to look closely to spot it.

This a car for people who need a 4x4 but don't necessarily want to be seen in something with the bulk

of a Range Rover or Mitsubishi Shogun.

Nevertheless the V90 is a big car, offering limousine-like legroom to all five passengers and a generous luggage area of some 1,526 litres beneath a power operated tailgate.

The executive-like interior is a nice blend of modern

Swedish styling and quality materials with leather faced upholstery and tailored instrument panels and door tops in saddle stitched leather.

The 2.0-litre, 235bhp diesel engine makes light work of pulling this big estate and the interior is remarkably quiet even on full power, helped in part by double glazed side windows (a £750 optional extra).

The eight-speed automatic gearbox is seamless and refined and drivers have a choice of varying the ride and performance from eco to comfort and dynamic.

And while the Cross Country has permanent four-wheel-drive the fourth option is an off-road setting for when the going gets really tough. There's also hill descent system to ensure the vehicle can descend steep gradient under perfect control.

Because of the car's long bonnet it can be difficult to see what you are about to encounter as you reach the top of a steep off-road gradient but Volvo has thought of this, and you can use the on-board camera to see everything ahead of you on the nine-inch centre console touch screen as you approach the top of the hill.

And a rear view camera for reversing makes light work of parking a car which is more than 16 feet long.

Like all Volvos it's packed with high tech safety features as well as one of the best voice control systems in the business so you can simply tell the car what you want – like increasing the temperature or changing the radio station – without having to take your eyes off the road.

It will even book itself in for a service when it reaches the appropriate mileage.



WHEELS

ROAD TEST: Bentley Bentayga Diesel by Enda Mullen

AT A GLANCE

- **Model:** Bentley Bentayga Diesel
- **Price:** £135,800
- **Mechanical:** 429bhp, 3,956cc, 8cyl diesel engine driving four wheels via 8-speed automatic gearbox
- **Max speed:** 168mph
- **0-62mph:** 4.8 seconds
- **Combined mpg:** 35.8
- **Insurance group:** 50
- **CO2 emissions:** 210g/km
- **BiK rating:** 37%
- **Warranty:** 3 years/unlimited miles



BENTLEY GOES DIESEL

I am fortunate to be familiar with Bentley cars, having driven quite a few over the years.

Generally my recollections of the driving experience on each occasion behind the wheel are fond ones – the delight of driving such sublime pieces of British engineering excellence combined with outstanding craftsmanship live long in the memory.

However I also have memories, which I'm sure are not exaggerated over time, of being sure I can actually see the fuel gauge move, if and when the vehicle is being driven particularly enthusiastically.

Of course if you are a Bentley owner it's unlikely you are going to balk at regular and hefty fuel bills – it pretty much goes with the territory.

But now there is a Bentley capable of travelling more

than 600 miles on a single tank of fuel.

The reason for such extraordinary fuel efficiency in a marque not renowned for it is that this particular Bentley is a diesel.

Yes, you heard it right – a diesel.

The Bentayga Diesel is Bentley's first ever diesel car and quite an extraordinary beast it is too.

Of course it makes sense in so many ways to have a diesel version of Bentley's first SUV – the Bentayga.

Given everyone wants to get in on the SUV act, including the likes of Rolls Royce, Lamborghini and Maserati, I guess it's a natural enough thing – though no doubt some purists might consider it sacrilege.

It's still early days for the Bentayga but I genuinely believe it will prove a highly successful model for the

brand, in the same way the Cayenne did for Porsche.

Of course it's hard to make an SUV look like a Bentley in the traditional sense but the Bentayga has enough familiar trademarks to carry it off.

Overall it is nicely sculpted from a design perspective and its imposing front end shouts Bentley from the rooftops. The rear has just a hint of coupe styling but enough to set it apart from most SUVs.

On the inside the Bentayga really is 100 per cent Bentley. Traditionally styled instrumentation with modern functionality, beautifully crafted wood inlays and splendidly sculpted leather seats combine to create an environment that is very much a country club on wheels.

Passengers in the rear are comfortably catered for too.

If you want to transport them luxuriously then it's probably best suited to two passengers, though there are three seats which adds to the Bentayga's practicality.

Rear seat passengers can also enjoy the Bentley Entertainment Tablet – a removable 10.2-inch Android device with 4G, Wi-Fi and Bluetooth.

So, what of that diesel engine which really is a ground-breaker for Bentley.

It's a triple-charged, 4.0-litre, 32-valve V8 engine developing 429bhp.

There's no disputing it's one hell of a performer, with a top speed of 168mph.

Acceleration is blistering too and it will take you from 0-60mph in just 4.6 seconds.

Crucially it both feels and sounds very un-diesel-like and delivers a deliciously throaty roar when you put your foot down.

Impressively it is

extraordinarily refined and well insulated too. From the driver's seat there is little indication that you are in fact driving a diesel, particularly from a performance point of view.

That's hardly surprising, given the performance figures aren't really all that different to the 608bhp W12 petrol model.

The only huge difference is when it comes to fuel economy, with the diesel managing a combined figure of 35.8mpg while with the petrol it is just a paltry 21.6mpg.

So, what's the driving experience like?

There's no disputing the Bentayga is a big and heavy vehicle. Each time I drove on to and off my driveway I felt I needed to do so with precision and care – there was enough space but not a huge amount to spare between a wooden fence

with concrete posts on one side and a brick wall on the other.

Out and about though it has a nimbleness and agility that takes you by surprise. It's hugely fun to drive and you soon get used to those dimensions. The steering offers plenty of feel and its lightness makes the car easily manoeuvrable.

The ride is incredibly comfortable and you can adapt how the car feels and performs – and copes with a huge variety of terrains – through the multi-mode traction control.

Of course the Bentayga isn't cheap but if you're comparing it to something like a Mulsanne then it's around half the price of some versions.

Overall the designers and engineers have done a decent job to deliver a very special SUV that is sure to top many people's wish lists.

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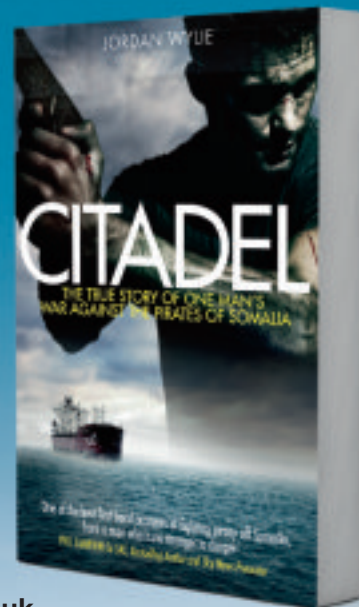
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M&S BLACK LEATHER Mulberry like flap over LEATHER bag. Adj strap, care bag, as new Bought for £75 3 months ago. Bargain classic, pics avail £35 ono Tel: 01277 363696 or 0774893473

LEATHER CASES 2 available both small size. Both leather one with side pocket. Excellent cond. £35 each. £35 Tel: 01245 440306 or 07788 190709

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TRIPP SUITCASES 2 Tripp suitcases large 28". Soft, dark green. very good condition, hardly used. £20 each. £20 ono Tel: 01245 476413

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SUZY SMITH handbag metallic gold, approx 11" x 9". UNUSED. HEYBRIDGE. £10 Tel: 07756 047022

BOYS' BICYCLE Lovely red boys' bicycle, 18" wheels. Suit age 5-8 yrs. Excellent condition. Originally from Cycle King. £20 Tel: 01245 265517

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PER UNA camisole set NEW+TAGS camisole with thin straps+matching jacket 3/4 sleeves pleatlike detail with few sequins Size 10 purple stretch polyester Dressy Coat £29.50 £10 Tel: 01621 854820 or 07756 047022

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CHANEL MINI cocktail bag Small, pics avail by email. Black with CC in gold to front, chain strap - never used present Dubai. First to see will buy. Bargain. £30 ono Tel: 01277 363696 or 0774893473

Clothes for Her

ITALIAN PURE WOOL SUIT by Mario Barutti, dark blue, double breasted 44" chest, trousers 38" waist/33" length only worn once, excellent condition £75 Tel: 01277 652018

JACKET GEORGE Collection Size 8, Linen, Khaki, Tie fastening. Length from shoulder 21ins. New unworn cost £28, tags still attached. HEYBRIDGE. £12 Tel: 01621 854820 or 07756 047022

LOUIS VUITTON "BOETIE" Cowhide leather handles and trim. Pics avail by email. Monogram LV canvas, fabulous, 1st to see will buy RRP £1k+ Preloved £99 ono Tel: 01277 363696 or 0774893473

LOUIS VUITTON preloved "Tivoli" in fab condition, no prov hence price. Leather handles and trim, pics avail by email. Gorgeous grab bag. RRP £3696 or 0774893473

ORIGINAL GUCCI loafers (ladies size 37 - 4). Leather, choc brown with new soles (Gucci) still showing - FABULOUS! Bargain, pics avail 01277 363696 or 0774893473

PAUL SMITH paul smith art deco black leather wallet with a painted semi dressed lady on a telephone on the interior. Boxed with a dust bag unwanted present. £35.00 ono Tel: 01277 363696 or 07748 50013

TRIP HILGER black leather quilted handbag. Pics avail by email. Chain strap like Chanel, good cond. Ideal for xmas. Bargain, preloved £30 ono Tel: 01277 363696 or 0774893473

BLAZER GEORGIO Armani powder green blazer brass buttons 42 chest very smart worn only a few times £50 ono Tel: 01277 363696 or 07748 50013

BROWN MAN'S 3/4 length coat. Brown coat with brown furly lining. Make is Alexandre. Size medium - large. Very good condition. £20 ono Tel: 01708 688359

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GOLDIX QUALITY jacket brown with thick faux fur lining, collar, cuffs and waist. 31 inches long. Size 10 purchased from Selfridges £40 ono Tel: 01277 652018

JACK WILLS NAVY GILET Size 8 navy Jack Wills gilet with red chequered lining and detachable fur hood. Great condition. £50.00 new. £10 Tel: 07841 654570

LADIES SUIT jacket and skirt by Austin Reed, size 12, dark navy with fleck, never been worn cost £330, price tags still on garments £85 ono Tel: 01277 652018

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HI VIZ bomber jacket made by Timco code hvjxyz XLarge size unused and still in wrapper. £15 Tel: 07788 190709 or 01245440306

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Public Notices

Essex County Council

(Footpath 66, Harlow)
(Temporary Prohibition of Use)
Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Footpath 66, Harlow in the District of Harlow, from its junction with footpath 65, North West for a distance of approximately 100 metres.

The closure is scheduled to commence on 16th April 2018 for 10 weeks or where appropriate signs are showing and weather permitting, and is required for the safety of the public and workforce while reeroofing works are to be undertaken.

The alternative route will be via an alternative path around the closed section, from its junction with footpath 65 and footpath 66 North East, then North West, then West joining up with footpath 66.

The Order will come into effect on 16th April 2018 and may continue in force for 6 months or until the works have been completed, whichever is the earlier.

Dated: 5th April 2018
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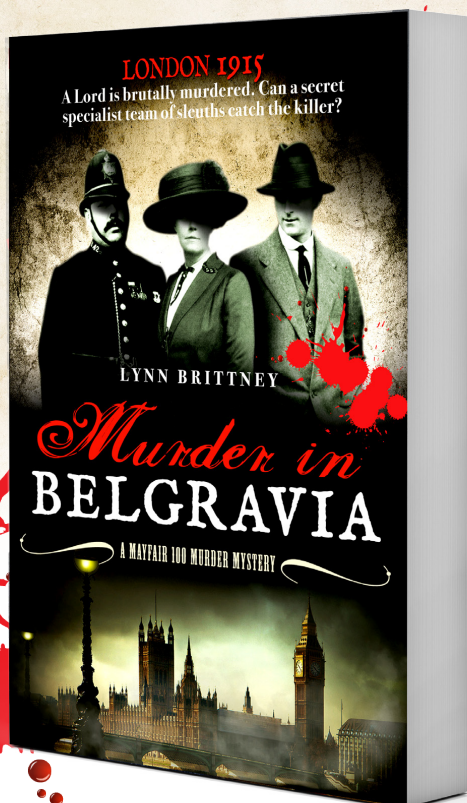
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JAMIMA, attractive, smart intelligent lady, 43yrs, brunette with striking green eyes. Hoping to meet a mature gent of older years. Text Only. Box: 430687

BLACK young, looking 57 women, seeks respectful and honest black man who loves life, travel, concerts, arts and culture. Text only. Molliebox: 6208881

GEORGIA, lovely kind blonde lady, 29yrs, really hoping to meet kind older gent. Rather fit, strict but fair. Text Only. Box: 4181245

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RAUFGEM, 47yrs, seeks casual daytime meetings with gent. Call to hear more pls. I'm a genuine lady and will reply to all calls. Tel No: 0906 515 4456 Box No: 430641

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BONICA, strict german lady, 50yrs, wanting to meet a submissive, outgoing gent of any age. South East London only pls. Text Only. Box: 4078888

JEAN, attractive lady young 60s, looking to meet younger men for special times. You won't be disappointed if you call me. Tel No: 0906 515 4456 Box No: 430681

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YOUNG, fit, 60s male, average build, tall, hair, N/A, clean shaven with O50H, likes most things, WLTW lady, any age, for fun times. Tel No: 0906 515 4456 Box No: 427907

WEALTHY businessman, attached, seeks female for LTR. Age and looks unimportant. Text only replies. Box no: 6190376

MALE 60, N/A, everything, GOCH, various interests, WLTW a nice black lady 50-55yrs. Text only replies. Box no: 6190950

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Ten-man Town battle back to earn vital win

Three points boosts chances of avoiding relegation

By Andrew Franczak

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HARLOW Town did their chances of surviving the drop a power of good as they recovered from a one goal half-time deficit and having a man sent off to emerge victorious at home to Thurrock.

The visitors have since announced their intention to resign from the league, so this could have been the final meeting between the two sides, with Hawks assistant boss Spencer Knight having previously said he would take no pleasure in their demise if it meant his team stayed in the Isthmian League Premier.

Fabion Simms gave Harlow the lead in the tenth minute, before strikes in the 33rd and 43rd minutes from Ronnie Winn and Lewis Spence put Thurrock in the driving seat.

A red card for Robbie Martin compounded Harlow's woes, but they never threw in the towel.

An impressive second half saw Christian Scales equalise directly from a corner, before Jared Small hit the winner with an emphatic strike to secure all three points and Harlow's third straight home win.

Chapman said: "I'm proud more than anything because going down to 10 men so early on was always going to be difficult, especially against a side like Thurrock who are going really well at the moment."

"After we had the man sent off we sat back a little bit and allowed them to come back at us.



Matt Foy (left) in action for Harlow against Thurrock

Photo by Martine Xeri

"We said at half-time if we have a hard day we can have a tough day doing it our way and not be dictated to – and that's exactly what they did."

"We tried to hit them on the break and scored twice."

"Now the players genuinely understand what's needed to get us out of this position. We've had a lot of comings and goings this year but the group now is really

happy to get a win."

Chapman had no qualms about Martin's dismissal saying the decision was a correct one, but added the referee had a poor game generally.

"There's no doubt it was a red card, he's late and high – but the ref should have blown up for an earlier challenge."

"The ref's not had his best day. "Robbie knows he's made mis-

take and the group have pulled together to help him get out of a hole, and that's what the group and team are all about."

"Jared's pace is always going to cause problems – it was a great strike and a great way to win a game."

"This is another massive move towards safety, but we can't be complacent."

"We can't relax, we've got to go to Margate on Saturday and get a result."

The win sees Harlow consolidate their 21st place, four points ahead of Lowestoft, nine points above the relegation spot – although they have played two games more than Burgess Hill.

With ten minutes gone Matt Foy's shot was parried by keeper Ben McNamara into the path of Simms, whose first effort proved weak. It was cleared, but only as far as Simms and he made no mistake with his second strike.

After Martin saw red, the visitors levelled through a firm strike from Sutton.

Two minutes before the break Thurrock went ahead when Spence netted.

With 57 minutes on the clock, Orient loanee Scales put in the corner with some serious swerve, and this caught out McNamara, who parried the shot into his own net.

In the 73rd minute long clearance from Hughes found Small just outside the box, and from a tight angle he unleashed a stinging volley which landed in the top corner.



John Warner School student earns bronze

HARLOW Judo Club player Owen Lambert is celebrating after picking up a bronze medal at the recent British Schools Championships.

The 12-year-old, who attends the John Warner School in Hoddesdon, made the long trip to Sheffield to take part in the prestigious and high standard event, which has a specific section for those with special needs and visually impaired players.

To gain priority qualification for the championships, which are heavily oversubscribed, a player must win either a gold or silver medal in the various regional qualifiers and ultimately be of a specific grade.

Owen originally qualified and secured a place in the London regional heats back in November

2017.

Representing his school on this occasion, he competed in the Year 6/7 group U38 kg category.

He won his first fight with ease, but in his second fight, despite scoring first, was unable to hang on to the lead for the duration of the three minute contest.

His opponent scored two waza-ari's within the last 50 seconds to win this fight.

This now Owen had dropped down to the recharge and had to fight for a bronze medal, which he won in great style, displaying brilliant judo techniques.

For further details on Harlow Judo Club, which caters for those with special needs see www.harlowjudoclub.com or call 07976 955905.

Lowe records excellent time at Victoria Park Half Marathon

HARLOW Running Club members were out and about at various races over the Easter weekend.

At the Victoria Park Easter Half Marathon, Rob Lowe finished in 29th place out of 739 finishers in an excellent time of 1hr 22min 59sec.

Meanwhile at the Lee Valley VeloPark Half Marathon, Craig Segal finished in ninth place out of 157 finishers in a personal best time of 1.25:24.

At the Essex Easter Eggstravaganza Half Marathon Trail Run Darren Coates finished in 11th place out of 46 finishers in 1.31:36.

Andy Kinney came home 1118th out of 1239 finishers at the Maidenhead Easter 10 Mile race, clocking a time of 1.45:36.

At the Victoria Park Easter 10k, Ryan Smith finished in 52nd place out of 562 finishers in 42:05 (PB), while at the London Easter 10k in Regents Park, Janice Page

was 123rd out of 263 in 56:00 and David Page was 141st in 57:12.

Closer to home at the Harlow parkrun, John Bull finished in 12th place out of 166 finishers and was second Vet 50 in 22:59.

Other results saw Darren Tile come home 16th in 23:21, Michael Robey 17th in 23:33, Catherine Ridge 18th and third Female in 23:35, Andy Bradley 25th in 24:23, Paul Dixon 28th in 24:27, Spencer Brooks 29th in 24:29, Kerry Mavris 37th and first

female Vet 45 in 25:40

Louise Kedge was 39th in 25:45, Graham Saville 40th and first Vet 60 in 25:47, Hannah Wenlock 41st in 25:48, Holly Nairn 52nd in 26:11, Jim Bates 56th and first Vet 70 in 26:44, Robin Lozeau 58th and second Vet 60 in 27:10, Laura Prime 73rd in 28:50, Debbie Barry 87th and first female Vet 55 in 30:06, Hossein Erfani 94th in 30:45, Alison Bull 99th in 31:14, Alan Coates 149th in 45:02, Martin

Elven 151st in 46:13 and Sara Coombe 152nd in 46:14.

At the Gumpowder parkrun at Waltham Abbey, Martin Westley finished in ninth out of 216 in 19:37. Ryan Smith was 17th in 20:48, Liz Roberts 108th in 30:01, Paula Miles 122nd in 31:42 and Lindsey Pearson 136th in 33:23.

The Barking parkrun saw Martin Coulter finish in seventh place out of 118 finishers in 19:54, Louise Coates 36th in 25:03, Teresa Stickland 64th and first

female Vet 50 in 29:10 and Brenda Clayton 65th and first female Vet 70 in 29:10.

At South Woodham Ferrers parkrun, David Page came home in 36th out of 82 in 26:54 and Janice Page was 41st and second female Vet 55 in 27:30. Peter Mills finished in 311th place out of 404 finishers in 33:52 at the Penrose parkrun in Cornwall, while at the Letchworth parkrun, Alan Wellbelove finished in 59th place out of 92 finishers in 34:11.